

ERASMUS-SPORT-2024-SSCP

Project Title:

WHEEL – Wellness, Health, Environment, Empowerment, Learning

Project Code: 101184580

Community Engagement Cycling Event II – Spain

Dates: April 10, 2025.

Location: “Salesianos” School, Pamplona, Spain.

Participants: 65 students from the “Salesianos” School, plus the 10 students from our school, the CIP “FP Lumbier”.

Target Group: Students aged 15-16, and school teachers.

Coordinator: CIP “FP Lumbier”

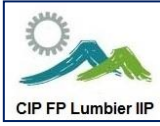
Partners involved:

- Schools administration.
- Teachers and students from the both schools.

Main Topics:

- Benefits of cycling.
- Acquiring some skills connected with riding bicycles.

10th April 2025	
Time	Activity Description
08:20	Meeting at “Salesianos” school.
08:30	Receiving the first group. Explanation of the activity.
08:45 – 11.00	Practising the skills.
11.00 – 11.30	Break
11:30	Receiving the second group. Explanation of the activity.
11:45 – 14:00	Practising the skills.
14:00 – 14:10	Collecting the equipment and material



10th April 2025	
Time	Activity Description
14:15	End of the activity

The event took place the last 10th April 2025, and it was developed in the Salesianos School's facilities, in Sarriguren district, Pamplona.

The group from the CIP "FP Lumbier" was composed by two teachers and 10 students, and the group from the "Salesianos" school was integrated by two different group of students, one in the first round and another one in the second round; both groups are composed by 30 pupils.

The event started at 08:20 hours, and the first task for the students from the CIP "FP Lumbier" was setting the 14 different skills stations, while two of them moved to the classroom of the students from the "Salesianos" school in order to explain them the activity, using a presentation slides (the link is below). This way, when the first group came down to the school playground, all the skill stations were ready.

At 08:45 hours the practice of the skills started. In the beginning, the 30 pupils were divided in pairs and every pairs of students work in one station, and every 10 minutes the students changed the skill. At the end of the activity, the last 30 minutes, all the pupils participated in a time-trial race, riding along the 14 stations in a row.

At 11:00 hours finished the first group and there was a break for 30 minutes.

At 11:30 the activity was repeated with a second group, following the same schedule (two students explained the activity in the classroom, and later came down in order to start the skills workshop). At 14:00 hours the pupils from the second group were to the changing rooms and the students from the CIP "FP Lumbier" collected the used material in the skills stations.

Finally, at 14:15 hours the activity ended.

Preparation:

Previously, there were a communication between the teachers from the both schools. From one side, Mr. Arturo Chas was the responsible of the CIP "FP Lumbier" and Mr. Javier Soler was the one of the Salesianos School. This way, all the students from the Salesianos School went to the school suitably equipped, I mean, with their bicycles and their helmets.

Goal of the activity:



The main activity's goal was to improve the riding skills of the students from the Salesianos School.

Participants involved:

Approximately 70 students, between the ones from "Salesianos" school and the ones from CIP "FP Lumbier". Besides, the teachers from both schools (4 in total).

Presentation slides, Attendance list and summary video (Drive's link):

https://drive.google.com/drive/folders/1E7SKGs0zqlz-RlZZG4yr6m4iMgrkAvSO?usp=drive_link

Dissemination:

Web:

<https://cipflumbieriiip.web.educacion.navarra.es/w/colaboraci%C3%B3n-con-el-centro-educativo-salesianos-1?redirect=%2F>

Instagram:

https://www.instagram.com/p/DJ9J6RaMeTg/?utm_source=ig_web_copy_1
[ink](#)

Facebook:

https://www.facebook.com/permalink.php?story_fbid=pfbid02VcMtWPkQjbf9vYE54HyNfqQoLf2X984nP21gU7G42oRkG3jN4VbHrjqX3BvaJjY1&id=100027192117223

Evaluation:

POST-TEST RESULT REPORT
PART 1
1. Cycling makes me stronger and healthier.



According to the answers, 87% of them stated that cycling would make them stronger and healthier, while 13% of them were undecided.

2. Cycling makes me happy and is a lot of fun.

According to the answers, 53% of them stated that cycling made them happy and was a lot of fun, while 47% of them were undecided. Teachers believe that maybe our students didn't understand the question, because they enjoy cycling.

3. It is easy to ride my bike to the park or to a friend.

According to the answers, all of them stated that it was easy to go to the park or to a friend by bicycle.

4. Cycling makes me feel better.

According to the answers, 79% of them stated that cycling made them feel better, while 13% of them were undecided and 7% disagreed.

5. The air will be cleaner if we use bicycles more.

According to the answers, 93% of them stated that the air would be cleaner if we used bicycles more, while 7% of them were undecided.

6. Bicycles do not pollute the air like cars.

According to the answers, all of them stated that bicycles do not pollute the air like cars, while 17% of them were undecided.

7. Bicycles do not make as much noise as cars, they are quiet.

According to the answers, 93% of them stated that bicycles do not make as much noise as cars, while 7% of them were undecided.

8. Cycling helps to protect our planet.

According to the answers, 86% of them stated that cycling helps to protect our world, while 7% were undecided and another 7% disagreed.

9. I would like to have more roads for cycling where I live.

According to the answers, 86% stated that they would like to have more roads for cycling where they live, while 14% were undecided.

10. I would like to participate in activities that teach cycling or events such as cycling festivals.

According to the answers, 26% stated that they wanted to participate in activities such as teaching cycling or cycling festivals, while 67% were undecided and 7% disagreed. Teachers believe that maybe our students didn't understand the question, because they have asked teachers for taking part in more of this kind of events.

11. I would like my friends and other children to ride bicycles.

According to the answers, 93% stated that they wanted their friends and other children to ride bicycles, while 7% were undecided.

12. It is a good idea to repair old bicycles and give them to children without bicycles.

According to the answers, 100% stated that it was a good idea to repair old bicycles and give them to children without bicycles.

13. I can learn/do to inflate the tyre or lubricate the chain of my bicycle.

According to the answers, 100% stated that they could inflate the tyre or lubricate the chain of their bicycle.

14. I know that I have to look after my bicycle to make it work well.

According to the answers, 100% stated that they should take care of their bicycle for it to work well.

15. I would like to learn how to repair my bicycle.

According to the answers, 100% stated that they wanted to learn how to repair their bicycles.

16. I need to wear a helmet to protect my head when cycling.

According to the answers, 93% stated that they should wear a helmet to protect their head while riding their bicycle, while 7% were undecided.

17. I know that I should pay attention to traffic rules while cycling.

According to the answers, 100% stated that they should pay attention to traffic rules while riding their bicycles.

18. It is important to switch on lights to be seen cycling after dark.

According to the answers, 100% stated that it was important to switch on lights to be seen when cycling after dark.

19. I should pay attention to the road, cars and people while cycling.

According to the answers, 100% stated that attention should be paid to the road, cars and people while cycling.

20. I know how to ride a bicycle carefully and safely.

According to the answers, 93% stated that they knew how to ride a bicycle carefully and safely, while 7% were undecided.

Feedback Questionnaire Results (post test)

1. Did you like this activity? (Was the activity good?)

74% stated that they liked the activity, while 26% were undecided.

2. After the activity, were you more interested in the subject of bicycles?
(Were you more curious about bicycles?)

73% stated that they were more interested in the subject of bicycles after the activity, while 7% were undecided and 20% stated that they were slightly interested.

3. Was this activity useful for you? (Did you learn something?)

93% stated that the activity was useful, while 7% were undecided.



4. Did you learn anything new about bicycles during the activity? (Did you learn anything you didn't know about bicycles?)

74% stated that they learnt new things about bicycles in the activity, while 13% were undecided and another 13% stated that they learnt some new things.

5. Are you more willing to cycle after the activity? (Do you want to cycle more?)

79% stated that they were more willing to ride a bicycle after the activity, while 13% were undecided.

6. Did you like the pictures, videos or materials shown in the activity? (Were the things shown good?)

74% stated that they liked the pictures, videos or materials shown in the activity, while 26% were undecided.

7. Did you like the person who explained the activity? / Did he/she explain it well?

100% stated that they liked the person who explained the activity.