

Wattbike in schools case study – The Friary School



Wattbike Racing at the Friary School, Lichfield

Project start date – September 2008

School

The Friary School & Friary Grange
Leisure Centre

Contact

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Project description

The Friary Grange Leisure Centre applied for funding from the South Staffordshire PCT for 3 areas of equipment, indoor cycling being one of the main focuses. Having received funding the leisure centre, which shares the site and facilities with the Friary School, bought a package of 11 Wattbikes and received them in September 2008. The project is aimed to increase participation in cycling amongst the local schools and community, and the project is supported by the regional coaches of British Cycling.



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Project coverage

Area

The Wattbikes are used inside and outside of lesson times in all years of the school. They have been transported for use in 3 schools within the area, The Friary School, Nether Stowe School (Lichfield) and Cardinal Griffin Catholic High School (Cannock).

Community usage

The leisure centre, in partnership with the local cycling club Lichfield City Cycling Club, have set up junior and adult weekly events at the sports centre. Junior and adult cycling clubs from across the West Midlands up to Newcastle-under-Lyme travel to the venue for use of the Wattbikes and facilities in weekly competitions. The equipment is used by other members of the leisure centre.

Age range

The secondary schools have used the Wattbikes in lessons and extra-curricular sessions for Years 7 to 13. Cardinal Griffin School (Cannock) have also used the Wattbikes for their primary taster days with Years 6.

School usage

Curriculum activities

During lesson times, pupils record their power (Watts), cadence (revolutions per minute) and distance covered when they ride. They are shown how to improve their cycling and see the improvements against these measures. British Cycling Go-Ride coaches have come into the schools to help the pupils get the cycling bug.

Extracurricular, intra-school uses

The Friary School has created leagues between the house groups. This has worked especially well with the Year 10 and 11 pupils as they compare 3 minute ride distances, and are competing for their school community.

Extracurricular, inter-school uses

The 3 schools which have already used the Wattbikes are planning inter-school competitions for July 2009 and October 2009.

Cross-curricular uses

The information from the Wattbikes is being used for testing of the school children. They are using the data which comes from the Wattbike screen to learn how to analyse the differences in performances and the reasons behind this.



Community usage

Junior Wattbike League

The local Lichfield cycling club have teamed up with Friary Grange staff to run weekly cycling evenings at the school. Pupils from the local schools, and as far a field as Newcastle-under-Lyme and Birmingham compete every week. The Wattbike league started in January and has proved very popular throughout the winter months.

See their website for more details. <http://www.lichfielddyouthcycling.co.uk/wattbike-archives.html>

Lichfield City Cycling Club

In partnership with the Lichfield City Cycling Club has set up a Wattbike racing league for the keen cyclists in the community. This has been sold out for most of the race meetings as cyclists from the local community come to the school and race during the cold and dark winter months. See the British Cycling website for more details.

www.britishcycling.org.uk/web/site/BC/tra/EventReports2009/20090109_lichfield_wattbike_league.asp

Related web links

British Cycling – Wattbike general

www.britishcycling.org.uk/web/site/BC/bcf/News2008/20081031_wattbike.asp

British Cycling – Wattbike news

www.britishcycling.org.uk/web/site/BC/web/fullsearch.asp?search=wattbike

Lichfield City Cycling Club - Wattbike

www.lichfielddyouthcycling.co.uk/watt-bike-archives.html

Wattbike website news

www.wattbike.com/default.aspx?nodeid=2

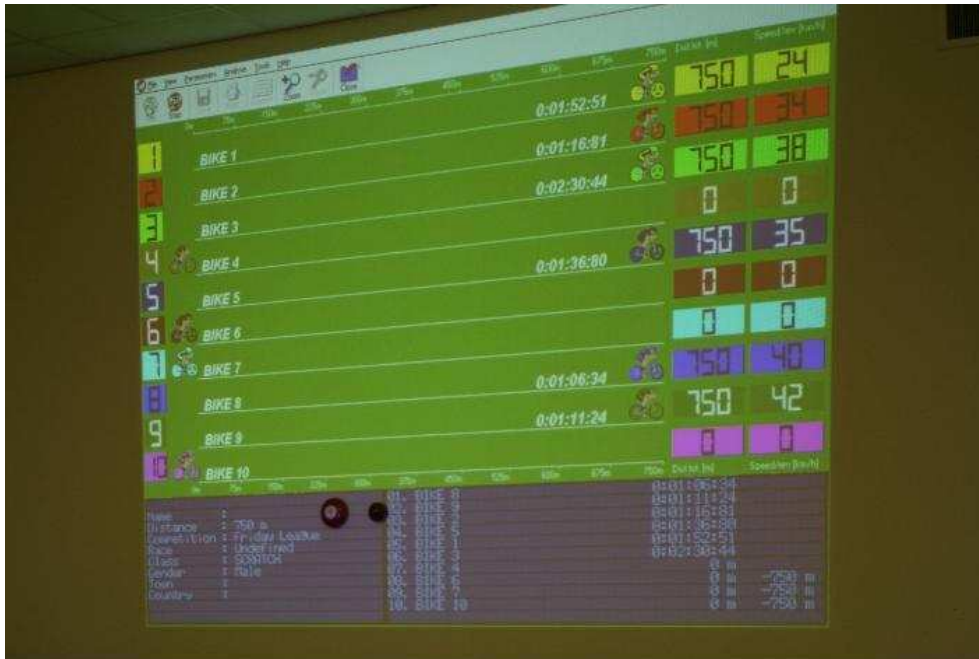


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Images



Lichfield City Cycling Club using the school facilities during weekly race nights



Free on-screen race software used in Lichfield schools



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Quote – Phil Kelly

I was first aware of the Wattbikes when the only information available was on paper, but a meeting with Wattbike was enough for me to decide to order 11 Wattbikes. I recognised the potential that they presented for our normal studio cycling classes, but also as a means of engaging with local cyclists and triathletes in the winter months. I was convinced that the bikes would be an invaluable training ride for both fitness and cycling tactics. The big draw for many of the users has been the on screen racing capability; it is so impressive and easy to use.

“If you haven’t ridden a Wattbike you should! Once you have done that use it as a personal training tool by all means, but ensure you also use it to run race simulations, like our Wattbike Race League, as it is an invaluable aid to fitness and tactical race skills”

