

Active Schools Case Study

Cobram and District Specialist School


Key Priority Area: Active Travel

School Overview:	Located in North East Victoria, Cobram and District Specialist School provides educational programs to approximately 60 students with mild to profound intellectual and/or multiple disabilities. Students aged between 5 years and 18 years are given positive learning experiences to meet the needs of each individual student. Outside of school, the student’s participation rate in physical activities is extremely low due to several factors.
Project Goal:	The schools aim is to increase the amount of physical activity that the students do, at school, as well as after school hours. The school is looking to increase the delivery of Bike Education programs from two to three terms. To help facilitate this, they will train more staff in delivering Bike Education so that every classroom has a Bike Education trained leader.

Cobram and District Specialist School committed to training six staff members in Bike Education to deliver a whole school program that supported physical activity at school as well as active travel outside school. They purchased specialised bikes that cater for all abilities as well as vests, helmets and other safety equipment. The school participated in Bicycle Network’s high intensity program who organised parent information sessions and school assemblies to educate the school community and identify barriers in the current active travel environment. The Bicycle Network team delivered bike education lessons and an ‘Active Map’ session to establish safe routes to and from the school. The school created their own [Ride2School Day](#) and designed a licence system for students who successfully completed the Bike Education program. They also have plans to purchase a bike trailer for excursions and camps.

The program’s success is reflected in the following student feedback: “Every Friday, we go out to the Basketball court for bike riding. If our teacher says partner up, we have to ride beside a partner. If he says single file, we have to follow the person in front of us, and when he says stop, we have to stop. We played a game.....it was about using your skills and working on our balance and to make you stay in the little square. If you put your feet down, you are out, so don’t put your feet down. It is great to get out of the classroom and have fun”.



Active School Strategy	Impact
Equipment - Purchase a set of specialised bicycles, vests and safety equipment to cater for all students e.g. bikes, trikes.	<i>“All students have access to bicycle that caters to their individual needs and abilities to use during bike education lessons, which is wonderful!” CDSS Assistant Principal</i>
Staff Professional Development – Train staff in Bike Education from each of the six classrooms to deliver a whole school Bike Education program	<i>Increased staff competence and confidence to deliver fun and challenging activities. Enabled the delivery of weekly Bike Education sessions across the whole school and ensured the sustainability of the program.</i>
Community links – A partnership between the school and Bicycle Network to deliver expert support in educating the school community about active travel.	<i>A parent Q&A session provided valuable information on cycling safety to and from school and identified some of the barriers to riding to school. Active maps of safe areas to ride to school or cycle around the community consolidated bike and traffic safety knowledge for students.</i>
Program Planning and Delivery - Embed an active travel plan, including local area maps, to encourage students to travel safely to school and/or around the community.	<i>Continue to provide opportunities to take groups of students to areas in the community around Cobram, including wetlands and forests, where they can explore the environment on their bikes.</i>

Want to know more? Contact activeschools@achper.vic.edu.au or access our online community [here](#).