

THE

LET'S  
GET  
GOING

STORY



## *For further information:*

**Liz Beck**

Let's Go Team, New Plymouth District Council

Private bag 2025, New Plymouth 4342

T 06 759 6060 E [letsgo@npdc.govt.nz](mailto:letsgo@npdc.govt.nz)

**Carol Bush**

Sport Taranaki

PO Box 5049, New Plymouth 5046

T 06 759 0930 E [carol@sporttaranaki.org.nz](mailto:carol@sporttaranaki.org.nz)





# Introduction

Let's Get Going is a joint initiative between New Plymouth District Council and Sport Taranaki started with seed funding from Sport New Zealand.

It is a programme designed to deliver bike skills to children under five. It provides children with the opportunity to learn, develop and practise fundamental cycling skills in order to gain the skills, information and motivation to progress towards riding a bike independently. The programme's long term goal is to develop a lifelong enjoyment of cycling among children and their families.

## Getting Started

In 2011 New Plymouth District Council and Sport Taranaki collaborated on an application to secure funding from the Active Communities Investment Fund with Sport New Zealand. We were successful to the tune of \$93,950 over a period of three years. Funding was also provided by New Plymouth District Council and Sport Taranaki to cover the full cost of delivery and development of Let's Get Going.

### *The Let's Get Going outcomes*

- *Reduced barriers for preschool aged children to participate in sport and recreation.*
- *Increase in the cycling ability and confidence of young children, to help develop a life-long love of cycling.*
- *Development of a toolkit.*





# The Programme

The programme is delivered over a five week period, with five one hour sessions. Prior to delivery a survey is sent home to parents/ caregivers gathering some base line data around children's current riding ability.

## *Sessions:*

- 1** *helmet fit*
- 2** *bike mount and dismount*
- 3** *bike safety*
- 4** *bike care*
- 5** *summary session for teachers and parents to organise a wheels day*

Following on from the delivery another survey is sent out to get an idea of the impact that the training has had on these children.

# Case Studies

## Brooklands

The primary reasons for becoming involved were to increase active transport to the centre and health of the parents and children.

Activities that involve aspects of the Let's Get Going programme have now been permanently added to the centres curriculum. The children get rewards for travelling to the centre via bike and Head Teacher Joanne Denny-Newman believes its working.

*"We have been keeping track of the children's travels to the centre and there has been an improvement in the number of both children and adults cycling".*

Megan, a parent, said her child talks about things she has learnt while they are out cycling:

*"My daughter pointed out a man that wasn't wearing a helmet and explained it's bad"*



*"I learnt a lot as a teacher about safety aspects and I like that it promotes exercise which is needed with obesity levels in preschoolers these days."*

In overall assessment of the Let's Get Going programme for preschools, Brooklands Kindergarten's teachers and parents think it is very worthwhile being involved. Joanne believes the sessions were straightforward, age appropriate, easy to follow and covered a good range of activities.

## Waitara Childcare

Waitara Community and Districts Childcare Centre began their involvement with the Let's Get Going programme in 2012. When they decided to repeat the programme again in 2013 it had a deeper meaning for one of the teachers.

*"My four year old son just got out of star ship. He was confident riding his bike but because of his time in hospital he lost confidence and skill".*

Teachers will continue activities and learning's from the programme with the children on their newly upgraded bike track. Lisa's daughter thoroughly enjoys this new facility and is always reminding mum "not to forget her helmet". Although many children cannot cycle to the centre, due to working parents, all are encouraged to bring along their bikes for the day. Approximately half of the centres children do on a regular basis. Also if children forget their bike they can borrow one of the centres balance bikes, which have been fixed since the programme began, or a bike with trainer wheels, purchased as a result of the programme.



# Results

Jan 2014

*Let's Get Going has received fantastic feedback from teachers and parents resulting in the following:*

# 2,156

Let's Get Going has been delivered to 2,156 children

# 41

Let's Get Going has been delivered to 41 kindergartens and play centres

# 4

Let's Get Going has been delivered to 4 schools

# 73%

73% of parents reported an increase in their child's cycling skills.

# 1hr

Children are cycling on average one hour more per week as a result of the programme.

# 83%

83% of parents reported an increase in their child's cycling confidence.

# 99%

99% of parents would recommend the programme.

# What we have learnt

The Let's Get Going programme is open to all preschools in New Plymouth including Kohanga Reo. However the full immersion Te Reo environment requires a translated version. We have been able to work with teachers to deliver the sessions successfully in Te Reo and there will also be a Tool Kit available with all the resource and handouts in Te Reo.

Many of New Plymouth's play centre's are on the outskirts of town providing an opportunity to include rural communities. However, play centre sessions are less structured than the Let's Get Going sessions therefore it is more effective to take the children to another venue e.g. a community hall. Play centre groups are usually smaller so this also provides the opportunity to provide cluster sessions where several centres come together.

It became apparent early on that not all children had bikes. As a result the sessions were changed to include development activities that don't require a

bike but still link to the skills involved.

The Let's Get Going programme has worked together with the Let's Go Project. The Let's Go Project delivers a number of initiatives to encourage school children and adults to cycle more. This provides a flow on effect for the children therefore increasing the likelihood of a lifelong enjoyment and interest in cycling.

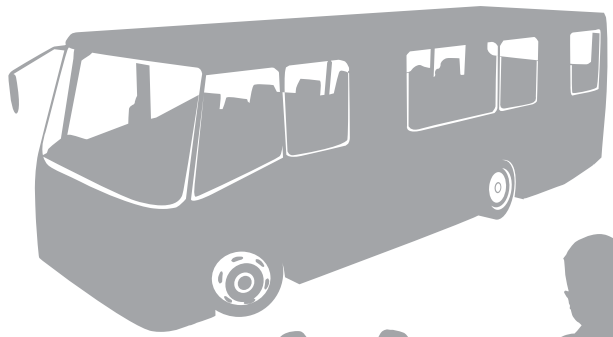
## *Let's Get Going – Into the Future*

Sport Taranaki and New Plymouth District Council are committed to seeing Let's Get Going continue to be delivered in Taranaki into the future.

The toolkit will be available online and via the Regional Sport Trusts (RST), Bike New Zealand and the Kindergarten Association.

Our hope is to have a person continue to oversee the toolkit nationally, providing support to those kindergartens, RST's and other groups that decide to pick up on the programme. And also to continue to deliver the program within our own play centres, Kohanga Reo and kindergartens.





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