BICYCLING IN SCHOOL

“Learning how to ride a bike brings happiness, confidence, and self-fulfillment through the experience of competence mastery.”

WHY WE SUPPORT

WHOLE CHILD LEARNING ENVIRONMENTS promote nature-based learning, healthy habits, and essential life skills. The Audacious Foundation partners with local organizations and schools to integrate bicycling into the physical education curriculum.

Sources Include:
5. Barcott, Bruce: It’s All in Your Head, Bicycling, February 4, 2013

Bicycling Improves Overall Fitness & Ability to Learn
Bicycling enhances early brain development and reduces both long- and short-term risk of diabetes, heart disease, and hypertension.

Riding Encourages Exploration & Social Independence
Bicycling helps children develop a sense of direction, place, and geography while empowering them to become responsible for their own transportation.

Regular Riding Reduces Stress & Attention-Deficit Symptoms
Exercise in general and bicycling in particular have a profound effect on mental health and are often used to treat behavioral disorders.

Bicycling Improves Classroom Behavior & Achievement
Exercise and outdoor activity improve concentration, retention, behavior, and cognitive function.