



022 – Stationary ‘Power’ Bike challenge (Pedal Power)

Overview	
Intervention Type:	Behavioural/ educational
Target:	Organisation/individual
Intervention Frequency:	Annual
Intervention Duration:	A Day

Cost	Effort	Reward
Medium	Medium	High
ENERGE Rating		School Rating (School to complete)
★ ★ ★ ★ ★		☆ ☆ ☆ ☆ ☆

Description of Intervention
<p>This intervention is about educating and raising awareness around the topic of energy. The school community will make up teams to compete in the pedal power challenge.</p> <p>The pedal power challenge entails a stationary bike which generates electricity. Team members will take turns on the stationary bike for a limited time. During this time, each team member must pedal as hard as they can. The harder the team member works, the more electricity they generate.</p> <p>The team which produces the most energy will win the competition.</p>

Commented [ED1]: Provide a

Impact Measurement
<p>The electricity will be quantified by a generator attached to the stationary bike. The bike is plugged into a wall and the electricity can then be used to power the building by connecting the generator to the grid. The stationary bike will have a watt meter attached which allows teams to track their energy production whilst additionally teaching about the value of energy.</p> <p>The team must note down how much electricity was produced by each member during the challenge. (appendix 1)</p>

Facilitators	Barriers
--------------	----------

ENERGE Intervention Strategy



Facilitators	Barriers
A supplier such as the website attached above could provide the generator and bike or alternatively a generator could be purchased, and a stationary bike could be made out of a standard bike.	

Intervention Process
<ol style="list-style-type: none"> 1. Teams will be made within the school community. Teams must exclusively have 6 people per team. 2. The day chosen for the event should be held during energy week. 3. Each team will have an hour for the challenge and each member has 10 minutes to pedal as hard as they can. 4. Each of the members electricity production needs to be recorded off the meter and noted in the pedal tracker. (Appendix 1) 5. After each team has completed their hour of pedalling and noted the energy score, they must submit the pedal tracker to the school committee. 6. The team which recorded the largest electricity production according to the pedal tracker will be announced as the winners.

School Comments/Notes



Appendix 1 – Intervention 033–Pedal Tracker Sheet per team

Team Name:	The Green Machines	
Team Members Name	Time	Watt Meter Score
Niamh O'Rourke	14:00	200
Eoghan Byrne	14:10	210
Caoimhe Kiernan	14:20	160
Patrick Nolan	14:30	250
Ciara O'Neill	14:40	205
James Conlon	14:50	235
Total watt:		1260 W (1.26kw)