



# BICICLETTIAMO



**Comune  
di Modena**

**Saluzzo Preschool**  
*5 years old class*

*Teacher*  
**Rita Roncaglia**

# Introduction

This project starts from educational ideas that we can find also in the Italian National Guidelines for Preschool and Primary School Curriculum. Preschool has the objective to promote the development of children identity, autonomy, and competence, and to initiate them towards citizenship.

***Consolidating identity*** means to live peacefully all the dimensions of the self, to feel well, to be reassured about your actions and feelings, to feel confident in different contexts.

***Developing autonomy*** means to be self confident and to trust the others; to feel satisfied in being able to do things on your own and to be able to ask for help, or to express dissatisfaction and frustration, finding more and more answers and strategies;

***Acquiring competence*** means to play, move, manipulate, be curious, ask, learn to reflect on your experiences through exploration, observation...

Having the first experiences of ***citizenship*** means to discover the other people, and to give more and more importance to the others and their needs; understanding more and more the need for shared rules.

With these objectives in our minds, we observed children and we noticed a clear desire for staying outdoor, strong initiative and need to stay in group. Since some children were able to bicycle without training wheels, we decided to make the expert children teach the non-expert ones; after that – if the children were interested – we could try some ***adventures by bike*** with raising difficulties.

In order to enact this ambitious project, we asked to ***CAI*** (Club Alpino Italiano – Italian Mountains Club) for collaboration. Among their goals, CAI has the objective to help young people in their human growth, proposing the mountains environment as a place where to live learning experiences joyfully. CAI wants to educate young people to a frame of mind that considers the harmonious co-living of man and the environment essential.



# PREREQUISITES

Before starting this experience, we waited for everyone to be able to **bicycle without training wheels.**

In the school garden, divided in groups, the expert children taught the techniques to find the balance to their mates.



# FIRST TRIP

## Ferrari Park (Modena)

March



CAI trainers taught to children  
how to **get on and off the bike**  
**while moving**



We went through the streets of the park trying to **maintain the line and the right distance**



Some trees were suitable for **climbing**... so why not trying?!



And some **stretching** at the end





# SECOND TRIP

## Bike path on Tiepido River arriving to Castelnuovo Rangone April



# Overpass in Vaciglio



Sometimes we stopped to **observe the nature** surrounding us, as for example the cane field on the river bank.



We threw some rocks and observed the river from above the bank





We arrived to Castelnuovo Rangone town centre and we got to know the symbol of the town: the little pig



# THIRD TRIP

## Bike path Modena – Campogalliano

April





Everyone checked if they had their helmet and backpack, and if the bicycle was working. Then the group could leave



At the beginning we needed a **running start** to deal with the rise... sometimes we managed, other times we needed some help



We observed Secchia river from the bridge and we got to know the plants and the animals that live there...



...and at the end we finally enjoyed the descending path.



Nothing could stop us: neither a broken finger nor falling down!



Our destination was Curiel lakes  
in Campogalliano



We enjoyed a peaceful pic-nic under some beeches...



Reaching the destination is always a great joy



Children took advantage of Giuliano, a CAI trainer, to **climb** a tree...





We learnt to play “**cavallina**” (little horse), a game from the past





We learnt how to **walk up**  
**and down** the high river  
banks pulling our bikes



We stopped in a place where CAI trainers showed children the **map** of the area to help them **orientate**: they had to find their actual position and the place they needed to reach





# FOURTH TRIP

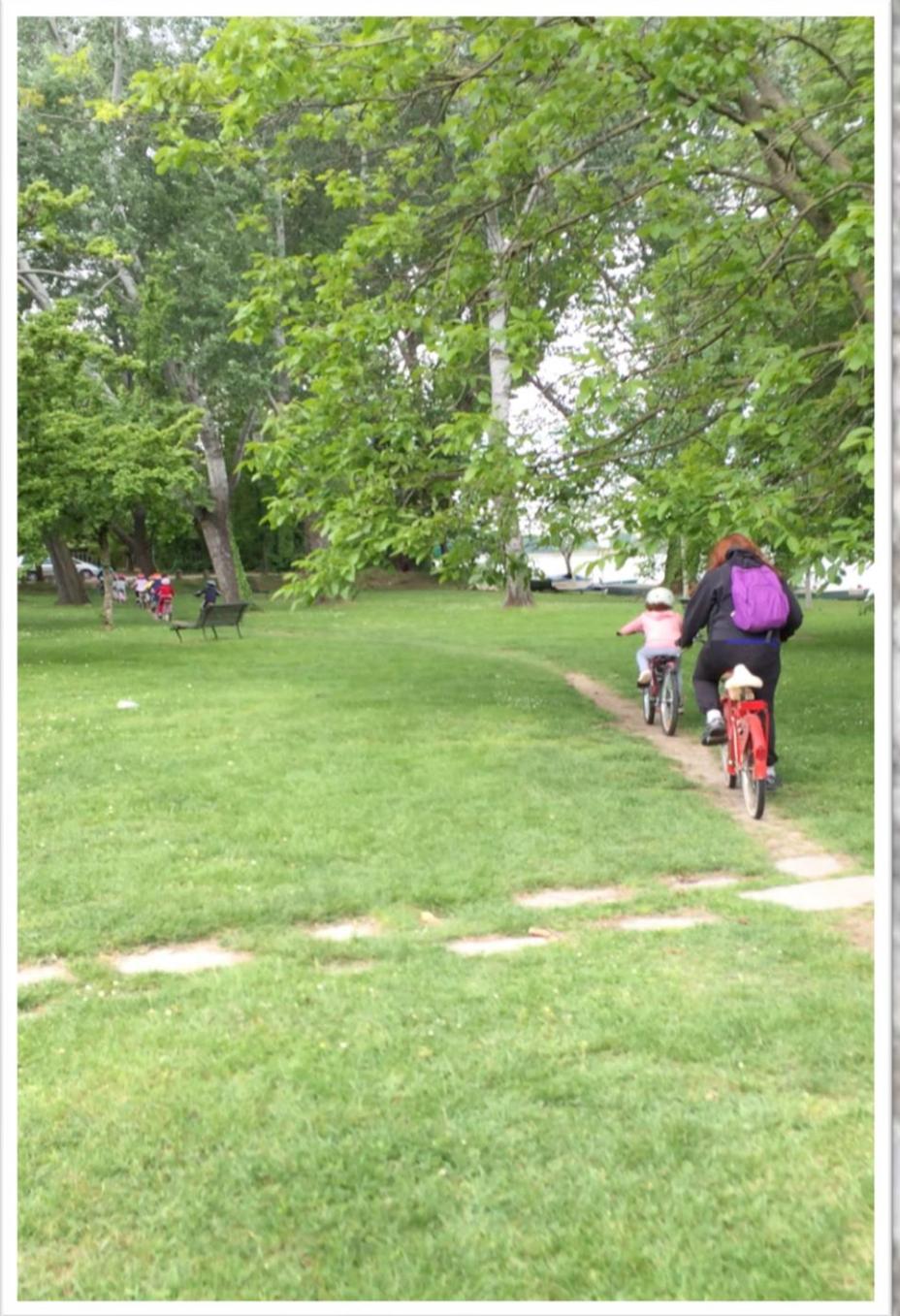
## Lakeside bike path in Mantova

May



The adventure begun on the train to Mantova,  
where we had to load our bikes









“Water game that takes advantage of the driving force”



We learnt that Mincio river had been channelled in order to irrigate the countryside areas where there aren't big rivers





# **FIFTH TRIP**

**Two days trip to Garda lake  
Riva del Garda**

**May**

# Goals of the trip

Developing curiosity towards the surrounding **environment**

Having **self-confidence** and **trust** towards the others

Coping peacefully with the **separation from the family**

Taking **care of one's personal belongings**

Understanding friends **difficulties** and requests for help, and showing **collaboration**

First of all we downloaded the luggage



The hostel managers gave us the blankets to prepare the beds.

*LOIS: I liked it when we went by bike and when I went to bed because I had never slept in a hotel before*

*GINEVRA: I liked it when we were having breakfast because there were our friends and so it was different from when we are at home and we are alone*

*TIFFANY: I liked to sleep because I was laying next to Marta*



...Then we all took our bikes for the trip around the lake



CRISTIAN: *I liked the bike ride even if **my hands were cold** and then on the bus I warmed them up*

MARCO: *I liked it when we went up and down with the bikes. When we were going down we had to bring our bikes by hand and **I was afraid to fall down** because I was afraid in my shoulders but I was able to **brake and let go...***

SIMONE: *I liked it when we were going down with the bikes because **I was going very fast**, I want to have more speed than my cousin*



Once finished the trip around the lake, children were very proud so they posed for a picture to show to their families



In the evening we deserved a tasty pizza and a walk through Riva del Garda town centre...

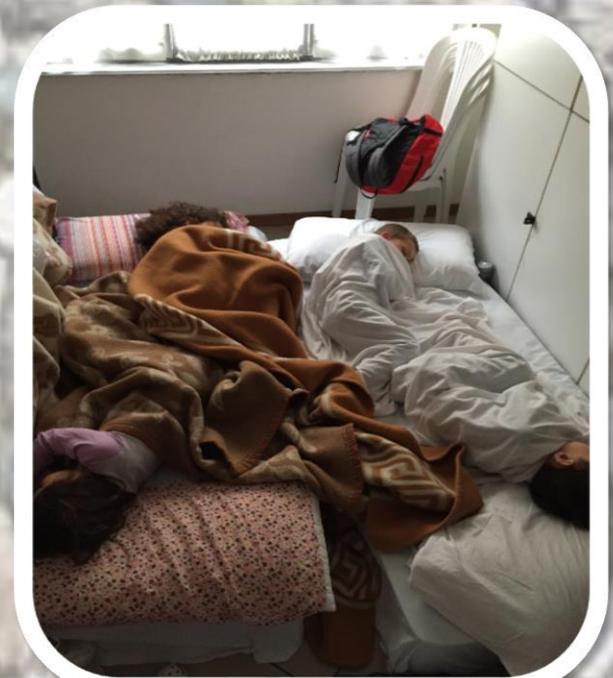


...and finally some rest



“**Fatigue** is a discovery that happens without even realizing it. If the child is alone and without distractions, he feels the effort even if he is not doing anything, so he perceives it in a negative way. But if he **discovers it while being distracted** by friends, by the educator, by a story, then he can go for a long way without realizing it, and when he turns back and looks at the long route he has already done, he discovers his potentials in a pleasant way.”

Giuliano Cavazzuti (Director of Youth CAI)



# New day, new adventure: Bike path from Riva del Garda to Torbole



MATTEO: *I liked it to go in the woods. I liked it when at the hotel **I learnt how to put the locker** to the bike on my own. I liked to eat the sandwich at Placche del Baone, that's how they were called. I wanted to do a more difficult climbing*

ENRICO: *I liked it to do the bike ride because I was having fun because I was **with my friends***



MARTINA: *I liked it when we went for a **walk** because I don't like to go always by bike, I also like to walk for a while*

MARTA: *I liked to climb. At the beginning yes I was a bit afraid, but then I said **"I can do that"** and I managed.*





## BACK AT SCHOOL, WE ASKED CHILDREN “WHAT DID YOU NOT LIKE OF THE EXPERIENCE?”

ANDREA: I didn't like to go on the high rocks those for the mountain bikes because I liked to feel the shock absorbers and the hit on the rocks

CHIARA: I didn't like when there was that steep wood because if there wasn't the wall I would have fallen and hurt myself

ANDREA: Yes, that's right, the wood! Because after the downhill my shoulder was hurting so I had to brake with the left brake

OLIVIA: When I fell and slipped and I hurt my hand, but then Giuliano arrived and brought me in front of the line and put Caterina's bike before me and then I calmed down

SOFIA D: I didn't like the steep downhill because it was steep and the bike squeezed my foot and because Chiara got hurt and I was afraid I would get hurt too

ALICE: When I hurt my knee because I fell because I had run when I was walking

ELISA: I didn't like the steep downhill where there was that wood handrail because I was afraid to fall

MARCO: When we went up and down with the bike in the downhill where we had to take the bike by hand and I was afraid to fall because I was afraid in my shoulders but I was braking and releasing

CRISTIAN: I didn't like when we had to take the bikes by hand in the uphill because I was a bit tired

SAMUELE: When there was the road with the big rocks because they were all in a row and I was afraid to fall, and if you don't see them you fall, and I fell

GIACOMO: We went downhill where there were the big rocks and I was afraid to fall

LUCA: When we went downhill, where I was with Giuliano and I was afraid of the ravine

SIMONE: Climbing uphill because it was too steep and I was afraid, but I could finish it and I managed to make it all towards the end

MARTINA: when we went uphill on foot and I took your hand because it was too long

EMMA: I liked everything

ENRICO: the steep uphill because it was too steep and it was hard to carry the bike and so I waited to arrive on the top and I pushed even more and I managed

LOIS: the downhill because I was afraid to fall so I took the brakes and I put my feet this way

GIULIA: when we took the pictures with the ducks because I was afraid to fall in the lake with the bike

MARTA: the downhill when we were close to the hotel because it was too high but I told to myself again "I can do it" and I managed

MATTIA: When we went through the steep downhill with the big rocks, because there was a very very big one and I fell with my bike

MATTEO: when I got prickles, when Giuliano made us run downhill, when there was a road with the big rocks and my teeth were chattering and the wheel of the bike was rearing up

## ... AND WHAT DID YOU LIKE?

MARTINA: I liked it when we went walking because I don't like to go always by bike, I also like walking a bit

MARTA: I liked to climb. At the beginning I was a bit afraid, but then I said: "I can do it" and I managed

ELISA: I liked it when we went to the park and when we had a shower, when I'm home I take a bath. I also liked it when we arrived to Garda lake and we could see some glaciers

GINEVRA: When we made the bike ride and when we went eating pizza

LUCA: I liked it when Giuliano showered us in the fountain

MATTEO: I liked to go in the wood. I also liked it when I learnt in the hotel to put the chain to the bike on my own. I liked to eat the sandwich at Placche del Baone, because that's how they're called. I wanted to make a much more difficult climb

MATTIA: I liked to eat the sandwich and when we climbed because we ate immediately... and when we made the pyjamas parade

SOFIA D: I liked to eat the ice-cream

SOFIA B: When we made jokes to our parents, we took a video, and when we were sleeping; and then when we almost climbed, we first walked and then we climbed, because my mum likes walking and I like it a bit too

SAMUELE: I liked it when we climbed that mountain, I also liked to sleep and also when we climbed that mountain where we took the picture

TIFFANY: I liked to sleep because I was lying next to Marta

GIULIA: I liked when we went to the park in the night because I like darkness

BEATRICE: I liked when we went to the restaurant because I like pizza, and when we went to the park

CRISTIAN: I liked the bike ride even if my hands were cold and then on the pullman I could warm them up

SIMONE: When we went downhill since I was going fast, I want to have more speed than my cousin

OLIVIA: I liked to eat pizza because then we stole the chips from Giuliano and he took the lemon and put it in his mouth

GIACOMO: When I ate pizza with wurstel and I had never eaten it, and when we did the bike ride, in that downhill because I was going very fast and I never fell

ENRICO: doing the bike ride because I was having fun and I was with my friends

MARCO: when we ate ice-cream because I liked the flavors, and when we went uphill with the bikes and then we arrived to the blue basketball field and we went around with the bikes and we were going very fast, and when we went to eat pizza because I liked it very much and I ate two chips from Giuliano and he said: "Hey not two chips!"

LOIS: When we went with the bikes and when I went to sleep because I had never slept in a hotel

EMMA: I liked it all, and when we ate the sandwich up there when there was the climbing wall because I had never eaten a sandwich with salami and we had prepared them and eaten them together

LUCA: When we arrived to Ledro lake and there was my grandfather's friend: when we saw the castle on the hill when we couldn't see anything because it was dark but you could see the castle because there were lights and also from the pullman we could see castles and towers and mountains

GINEVRA: When we had breakfast because we were with our friends because it was different from when we are at home and we are alone

# THE MAIN ASPECTS OF THE PROJECT

Thanks to this experience, children could:

- Have an movement experience in touch with nature
- Experience the pleasure of doing, exploring and getting to know the environment
- Acquire more competence and consciousness in their abilities
- Use an ecological means of transport and becoming aware of the need for protecting the world with a low environmental impact
- Experience relationships and cooperation among different children, acquiring more autonomy and self-confidence in their abilities and learning to **become responsible for others, by ensuring their safety, while they go by bike**

## **Under the point of view of the context:**

- Collaboration with experts coming from outside the school, sharing the same educational principles and the relationship with the territory
- Relationship with families sharing the project and increasing their direct participation (by asking them to repeat the experience outside school)
- Bicycle as a means of transport that is part of the story and culture of our city, discovering and maintaining this tradition.



**Comune di Modena**

**memo**

**MULTICENTRO EDUCATIVO MODENA SERGIO NERI**