



Bikeability Balance Information for Parents

We are writing to tell you about Bikeability Balance, an initiative to inspire children in Reception to take to two wheels. Bikeability Balance is a series of school-based sessions that aims to give children the basic balance and co-ordination skills they will need to learn to ride a bike. It involves fun games carried out on balance bikes (bikes without pedals) to develop handling and awareness.

If your child can already ride a pedal bike they can bring in their own bike (no stabilizers) . The instructor will focus on improving these children's pedal cycling skills.

How is Bikeability Balance delivered?

- It is delivered by Bikeability Instructors qualified to the National Standard for Cycle Training.
- It is usually delivered in four (45 minute) sessions per class, over a couple of days.
- Children are provided with a balance bike for the sessions, but will not be able to use bikes with stabilisers, or scooters. **(Bikes will be thoroughly cleaned before being used by another child.)**
 - **If your child has a helmet can you please make sure that they have it in school on the appropriate days.**
- Sessions are delivered to a maximum group size of 6 children

What will the children learn?

Sessions are interactive and fun. Children will learn to:

- Identify parts of a balance bike. Get on and off a balance bike comfortably
- Push and glide. Stop with control a) with feet, b) with brake
- Make the bike go where they want.
 - improving the pedal cycling skills of children who can already cycle

After the training sessions have been completed, children will be awarded a Bikeability Balance sticker and certificate.

Dates for the sessions are Wednesday 21st October and Thursday 22nd October. Children will need to wear appropriate clothing. (Preferably no skirts which are awkward to cycle in)

Those that can cycle can bring their own pedal bike and helmet into school on those days (no stabilizers) The qualified instructor running the sessions will be Mr Brook.