



Dear Parent/Carer

Your child has the opportunity to take part in Bikeability Balance training being run in school in the next few weeks.

All training is conducted in line with a comprehensive risk assessment. Your child will be provided with a balance bike and helmet to wear during the training.

All instructors delivering the training have enhanced DBS certification.

The training is delivered to a national syllabus. The school will notify you of the exact training dates for your child in due course.

### **Bikeability Balance**

Bikeability Balance is an initiative to inspire younger children to take to two wheels and is delivered during 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.

Bikeability Balance will provide your child with a positive early experience of being on two wheels and give them the skills that they will need to progress to a pedal bike.

### **Why should my child take part in Bikeability Balance?**

Bikeability Balance is a fun activity that will help your child learn how to cycle.

Bikeability research has found that 40% of 6-year-olds are unable to ride a bike. Part of the reason for this is that children often get stuck using a bike with stabilisers or a tricycle and are unable to progress easily to using a bike without stabilisers. By using balance bikes with no pedals, Bikeability Balance sessions focus on developing balance, rather than the ability to pedal. Achieving this helps children make the transition on to using a bike with pedals.

Other benefits of Bikeability Balance include learning gross motor skills which can accelerate other types of learning and additionally assist in improving early years fitness levels.

If your child is already able to cycle, on a balance bike or bike with pedals, they can still take part to practise their skills.

### **How is Bikeability Balance delivered?**

Sessions are all interactive and fun -

- It is delivered by Bikeability Instructors
- It is usually delivered as four 30-minute sessions per group.
- Sessions can take place indoors or outdoors.
- Balance bikes and helmets are provided.
- Children will not be able to use bikes with stabilisers, or scooters.

### **What will my child learn?**

Your child will learn to:

#### **Part 1 . Prepare myself and the cycle for a journey**

- Identify clothing or accessories that can help cycling
- Identify the main adjustable parts of a helmet and fit helmet
- Identify the main parts of a cycle
- Check the saddle height

#### **Part 2. Set off, glide and stop**

- Apply brakes while stationary (cover while riding)
- Push off firmly
- Propel themselves forward (using big strides looking ahead with head up)
- Ride faster and slower
- Glide after gaining momentum
- Slow down and stop smoothly
- Look out for other riders and hazards ahead, slowing down or stopping if necessary

After the training sessions have been completed, your child will be awarded with a certificate.

### **Check Clothing**

- Should be appropriate for current and forecast weather. Training will continue in the rain and is very rarely cancelled for bad weather. In the summer please provide sun cream and a drink, while in the autumn and winter, gloves are advised.
- Shoes-flat soled with tread or grip-trainers / plimsoles

### **Medical Conditions**

If your child has any medical conditions or medication that you consider will impact on this training, then it is your responsibility to inform the school prior to training.