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Dear Parents and Carers

BIKEABILITY BALANCE – WEEK COMMENCING MONDAY 25TH MARCH 2019.

I am writing to tell you about Bikeability Balance, a new initiative to inspire children in Reception and Year 1 to take to two wheels.

Bikeability Balance is a series of school-based sessions that aims to achieve basic cycling balance for children in Reception and Year 1. 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 take part in Bikeability Level 1, which is usually delivered in school Years 3 or 4.

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 balance helps children make the transition to using a bike with pedals.

Other benefits of Bikeability Balance include learning gross motor skills which can accelerate other types of learning and improving early year's fitness.

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?

- It is delivered by Bikeability Instructors qualified to the National Standard for Cycle Training.
- It is usually delivered as four 30 minute sessions per class.
- Sessions can take place indoors or outdoors



- Balance bikes and helmets will be provided.
- Sessions are delivered to a maximum group size of 12 children.

What will my child learn?

Your child will learn to:

- Identify parts of a balance bike.
- Get on and off a balance bike comfortably.
- Set off with control.
- Push and glide.
- Stop with control a) with feet, b) with brake.
- Make the bike go where they want.
- Be aware of surroundings (look around).

Your child may also be taught the following:

- How to pedal using a pedal bike
- How to adjust a helmet
- How to adjust a bike

After the training sessions have been completed, your child will be provided with a record of their progress, a Bikeability Balance sticker and certificate.

Yours sincerely

Mrs M Phillips
Deputy Headteacher

