**BikeabilityBalance**

**Information for Schools:**

I am writing to tell you about Bikeability Balance, a free of charge initiative to inspire children in Year 1 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. Bikeability Balance will provide children 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 and 2, which is usually delivered in your school to year 5s.

**How is Bikeability Balance delivered?**

It is delivered by Bikeability Instructors qualified to the National Standard for Cycle Training. The duration of each session lasts 1 hour 30 minutes, with children required to attend 2 separate sessions. These sessions can be ran throughout the school day or as an after school club. Sessions can take place indoors or outdoors, with balance bikes and helmets provided to all children. Sessions are delivered to a maximum group size of 12 children with 2 fully qualified staff members.

**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

• 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

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