

Dear Parent / Guardian

Bikeability Balance

I am writing to tell you about Bikeability Balance, an initiative to inspire children in Reception to take to two wheels provided by City of York Council.

Bikeability Balance is a series of school-based sessions that aims to achieve basic cycling balance for children in Reception. 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 (Progression sheet attached) and later achieve the standard for Bikeability levels 1 and 2 in year 5 and 6.

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 years 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 during school time. All instructors are DBS/CRB checked.
- It is usually delivered as 4 x 45 minute sessions per group.
- Sessions mainly take place indoors but may progress to outdoor environments.
- Balance bikes and helmets are provided. Children will not be permitted to use bikes with stabilisers or scooters but may use their own pedal bikes and helmets subject to instructor approval.
- Sessions are delivered to a maximum group size of 10 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 adjust a helmet
- How to adjust a bike

After the training sessions have been completed, your child will receive a certificate of participation.

Yours sincerely,

Lynne Thomas

Lynne Thomas | Road Safety Training Coordinator
t: 01904 551646 | m: 07983 952459 | e: lynne.thomas@york.gov.uk
General Road Safety t: 01904 55 5579 e: cycle.training@york.gov.uk