

Parent/Carers Balance Bike Information

Dear Parent/Carer

Wheely Fun Wheels works with Bolsover District School Sport Partnership to provide a programme of cycling activities in local schools. The School Sport Partnership part funds the balance bike training in infant & primary schools and Bikeability Level 2 training when children are either in years 5 or 6.

Balance bikes are an excellent way to learn to ride on two wheels. They teach the essentials of balancing by using the steering whereas stabilisers can never do this. They also help core balance skills and help a child become more independent.

The children will have thirty minute sessions each in groups of up to 12 during which time they will be shown how to propel themselves along and start to 'glide' which is teaching them to balance. They will also have an opportunity to steer round obstacles and see how far they can glide along. The objective is to enable them to progress to a 'normal' bike. Three sessions can usually be fitted into a morning or afternoon which will accommodate up to 36 children.

The sessions take place indoors in the school hall. Wheely Fun Wheels will bring 12 balance bikes and other equipment to run the session.

We do not use helmets for balance bike training as the children are not going much more than walking pace, they are lower than when standing and being in a controlled environment with a limited number of children it is a safe activity.

Yours Sincerely



John Barker
Partnership Development Manager
Bolsover District School Sport Partnership