



Balance Bike Programme

Wheely Fun Wheels has been commissioned by Bolsover SSP to deliver 'Early Rider' balance bike sessions at your school for reception children. If you are not familiar with them they are small bikes with two wheels but no pedals. Children use their feet for propulsion.

Balance bikes are known to provide the best pathway to learning to ride a 'normal' bike because the key element is learning to balance on a bike is using the steering.

There are other documented benefits to learning to balance at an early age:

- Substantial improvements in both static and dynamic balance.
- Substantial improvements in bilateral coordination.
- Observable improvements in physical self-confidence.

Our balance bike training method of delivery will be three groups in a morning or afternoon with up to 12 children per group (36 children in total). Each group will have about 30 minutes.

Wheely Fun Wheels will bring 12 balance bikes and other equipment and the sessions will take place in the school hall.

All instructors are qualified National Standard Cycle Instructors and all have DBS, first aid qualifications and insurance to provide cycle activities.

Bolsover SSP is making a charge for these sessions:

Morning or afternoon session - £135.00

There is no limit to the number of sessions each school can have.

To book sessions please contact Wheely Fun Wheels:

01246 520820 or 07834 838076

info@wheelyfunwheels.co.uk

Do look at www.wheelyfunwheels.co.uk website for details of other cycling activities.

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