



Bikeability Plus Balance Bike Training



Chesterfield School Sport Partnership is providing 'Early Rider' balance & pedal bike training sessions to your school for reception children. The sessions are available as part of your affiliation to the partnership and will be delivered by our Cycle Training delivery partner 'Wheely Fun Wheels' who are a local organisation passionate about developing cycling skills for the local community and have delivered our Bikeability programme for a number of years.

Our balance bikes have no pedals or brakes. Children use their feet for propulsion and braking. Using a balance bike teaches balance before introducing pedalling.

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.

We offer every child in reception the opportunity to participate in the 'Early Rider' sessions. Every child will participate in three thirty minute sessions. The preferred method of delivery is three groups of up to 12 children per group during a morning or afternoon (30 minutes per group). One week later they will all have the second session and another week later the third session. It may be possible to fit a fourth session into a morning if you have between 36 and 48 children.

Wheely Fun Wheels will bring 12 balance bikes and other equipment to the first session, the third session will introduce pedal bikes alongside balance bikes. Sessions will take place indoors in the school hall.

The instructors are qualified National Standard Cycle Instructors and all have enhanced DBS, emergency first aid and Safeguarding and Protecting children qualifications and insurance to provide cycle activities.

To fit in with other cycle training commitments Early Rider sessions will normally take place between November and February half term.

Chesterfield SSP will organise several 'Early Racer Festivals' when all schools who have taken part in the Early Rider programme will be invited to come along and have a go at a range of activities. Details of this will be circulated by Chesterfield SSP.

If you have any questions or want to book dates please contact Wheely Fun Wheels, details below.