

# Wheely Fun Wheels

## Cycle training for 4 - 11 year olds

*Our cycling pathway for infant, junior and primary schools.*



### **Balance bike training** 4 & 5 year olds in 'Reception'

First step on our cycling pathway is to introduce children to balance bikes when they are in reception. Balance bikes are acknowledged as the best way to start to learn to cycle, building core strength and teaching balance.

Our instructors bring 12 balance bikes and other equipment to run the session.

Each group of up to 12 children have around 30-40 minutes on the bikes, often enough to get non balancers 'gliding'. In a morning or afternoon we can usually fit in 3 groups (up to 36 children).

Cost for a morning or afternoon is £150.00

### **Bikeability Level 2** Year 5 or 6 children

#### **Cycling Proficiency for the 21st Century, on road training teaching safe cycling skills.**

**We always start with a short traffic free session to assess riding skills (it may be after this the instructors decide it might not be appropriate for a child to continue).**

**The rest of the training (up to 6 hours) is on local roads with the riders being shown and practicing manoeuvres such as passing a parked car and various turns.**

**£40.00 per child, minimum of 6 children.**

Each element can be purchased separately but we do have a package of training which includes a balance bike session for up to 36 children, 2 x Level 1 sessions (for up to 32 children) and Bikeability Fix & Level 2 (for up to 24 children) at a cost of £1400.00, a saving of up to £400.

If travelling more than 25 mile radius from our base in Chesterfield we will add travelling costs.

Bikeability Scheme No 704196A, all instructors are National Standard Cycling Instructors and have DBS checks and first aid training.

### **Bikeability Level 1** Year 4 children

Bikeability Level 1 is a two hour session in a traffic free area (usually the school playground) for up to around 16 children.

The session starts with a discussion about suitable clothing, helmet checks and fitting, then a bike check using the nationally recognised 'M' check procedure.

The rest of the session develops cycling skills - starting and stopping, cornering, gear changing, observing and signalling. We also introduce some cycling games throughout the session.

Learning these skills prepares children for Level 2 when they are a bit older.

Depending on instructor:trainee ratios we may be able to accommodate a small number of 'Learn to Ride' trainees in the session.

Cost per session is £180.00

### **Bikeability Fix**

This is a 2 hour maintenance session showing children how to give their bicycle a thorough check and adjust brakes and gears. They are then shown how to remove a wheel and tyre and repair a punctured inner tube.

Fix sessions are intended to precede and complement Level 2 training. Each trainee completing the session is given a puncture repair kit.

Cost per session for 12 children is £180.00

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