



Balance Bike Sessions

Wheely Fun Wheels has been commissioned by NEDSSP 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 normal method of delivery will be either three groups in a morning with up to 12 children per group, or three groups during the afternoon. It is possible to fit four sessions into a morning often with some rearranging of break times etc.

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.

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

NEDSSP is providing one session free of charge to affiliated schools, schools may book additional sessions at a subsidised cost of £135.00.

Within the first 30 minutes we would expect the majority of children to be able to 'glide' with their feet off the ground for 2 or more metres with some children being able to turn successfully.

If groups receive two sessions we would expect the majority to be able to turn corners, 'glide' several metres and stop accurately. We recommend that we come to your school for two sessions per group.

Do look at our website for details of other cycling activities.

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