Early Rider

Balance Bike Sessions

Local cycle training company Wheely Fun Wheels has been commissioned by NEDSSP to deliver 'Early Rider' balance bike sessions at our 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.

The children will be in groups of up to 12 and 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 CRB, first aid qualifications and insurance to provide cycle activities.

After one session 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 more sessions we would expect the majority to be able to turn corners, 'glide' several metres and stop accurately. Most of the children will then be able to ride a pedal bike very easily.

It is the schools choice how many sessions the groups get.

We do not use helmets for this activity because children rarely go as fast as running, they are slightly lower than when stood upright and we are in a controlled environment in the school hall.

During the spring term there will be 'Early Rider Festivals' involving schools that have taken part in this programme.

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

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