

Bikeability Balance



Exclusive for ARENA Members

Bikeability Balance is a new initiative to inspire children in Reception & Year 1 to take to two wheels. Balance is a series of school based sessions that aims to achieve basic cycling balance for children. It involves fun games carried out on balance bikes (bikes without pedals) to develop handling and awareness.

Evidence shows that more children learn to cycle this way and much more quickly than by using bikes with stabilisers. This will provide children with a positive early experience of being on two wheels and give them the skills that they need to take part in Bikeability in the future.

As an ARENA Member we can offer you the opportunity to access 1 free Bikeability Balance course, with additional courses costing just £150 +VAT

What do you get for your course?:

- * A qualified instructor with all resources needed to deliver sessions**
- * 3 hours of training for 6 pupils per session**
- * 3 weeks consecutive delivery**
- * Certificate & badge for attendance**

Bikeability research has found that 40% of 6 year-olds are unable to ride a bike. Part of the reason for this is that children often get stuck using a bike with stabilisers or a tricycle, and are unable to progress easily to using a bike without stabilisers.

By using balance bikes with no pedals, Bikeability Balance sessions focus on developing balance, rather than the ability to pedal. Achieving this balance helps children make the transition to using a bike with pedals.

Other benefits of Bikeability Balance include learning gross motor skills which can accelerate other types of learning and improving early years' fitness.

For more information and to book please contact Julie Ponting on jponting@callingtoncc.net

