



# LEARN TO RIDE INSPIRE STORY

One school which has had particular success with our Learn to Ride programme is Uplands Junior School. Tuesdays have become an exciting part of the week for their Year 3 learners who all take part in learn to ride cycle sessions on the playground. Delivered by our health and wellbeing team, both Jen and Aaron have spent their Tuesdays teaching over 100 learners how to ride a pedal bike with confidence over a term long programme.

The programme starts with all children on balance bikes and those who can ride pedal bikes are quickly moved onto suitable pedal bikes to develop their skills and confidence. The children get supported to develop their skills including 1-1 support where needed so that everyone can come out of the block of sessions able to ride a pedal bike (and not a stabiliser in sight!).

Health and wellbeing female engagement officer, who has co-delivered the programme, said “We have enjoyed delivering the programme, many of them didn’t feel confident to use pedal bikes initially but once they tried we saw lots of them enjoy riding bikes. It has gone very well and every child involved has improved their cycling during the term. It was fantastic that the school invited their parents in for one of the sessions so they could see the improvement their child has made on the bike”.

