

BARLEY CROFT BALANCEABILITY INSPIRE STORY



Our Balanceability programme is targeted at Foundation/Year 1 children who may struggle with spatial awareness, core strength, fine and gross motor skills. Inspire Together are able to provide balance bikes for the sessions which is a huge benefit for those children who may not have access to bikes at home and so would not have the benefit of having previous experience on a bike.

The 10-week programme is made up of fun activities that build confidence, spatial awareness and dynamic balance skills.

During the 2024/25 summer term we had the opportunity to run the Balanceability program at Barley Croft Primary School for 10 weeks with groups of foundation pupils and Year 1's. After the initial assessment in week 1, our coach Aaron noticed that certain pupils had higher ability levels than others through previous on scooters, balance bikes or with stabilisers, or just better motor-skills which allowed them to adapt quickly to the bikes.

With this in mind we worked collaboratively with the school to mix the groups based on ability, ensuring that they had the right levels of support and ability to progress at their own pace. Through this collaborative and flexible approach Aaron could make the decision to run the programme as a progressive Balanceability and Learn-to-Ride programme, rather than limit the children to just one or the other.

Learn-to-Ride is a programme that allows children to get the support that they need to develop their skills and confidence to ride a pedal bike by the end of the block of 10 sessions (and not a stabiliser in sight!). At Barley Croft, Aaron was able to refine the delivery to give each pupil the support to make the best progress and achieve success over the 10-weeks, whether on a balance or pedal bike.

Barley Croft Primary Pupil Progress and Transition

This is an example of a pupil that was not as confident on balance bike at the beginning, but after a couple of weeks of using a balance bike was ready for the next adventure to move to a pedal bike.

Bright had a very different experience, as his ability on a balance bike was really high from the beginning, performing advanced skills very early on. Progressing to a pedal bike was relatively easy and gave him a new challenge.

Aaron was really impressed with the perseverance this pupil showed, as her ability on a balance bike was quite low initially, but she was so determined to be able to ride a pedal bike that even through the highs & lows she succeeded & mastered riding a pedal bike independently!



To book Balanceability or Learn to Ride sessions at your school, please contact the team at Inspire Together:
inspiretogether@crownhills.leicester.sch.uk

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