

# Inspire Story

## HEALTH AND WELLBEING

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## BALANCEABILITY

This term we have spent our Wednesday's at Glebelands Primary School, delivering our Balanceability programme. This 10 week programme works on fundamental movements and balance skills, equipping pupils with the necessary skills to ride a pedal bike.

Across their nursery, reception, and year one classes, pupils started the programme by learning how to put on their helmet, pick up the bike, and walk with the bike safely. By the end of the 10 weeks, all students were confident and competent when riding the bikes, including gliding and braking. whilst developing spatial awareness. It was a privilege watching the pupils develop their skills whilst enjoying the sessions over the 10 weeks.

