



LEARN TO RIDE

Learn to Ride is a 10 week programme that works on basic cycling skills. Initially, all children practice their balance, coordination and spatial awareness 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 receive 1-to-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!).

UNPLANDS JUNIOR SCHOOL

This term, we returned to Uplands Junior School for a second year, which has been particularly successful. Year 3 pupils looked forward to their Learn to Ride sessions every Thursday on the playground, developing a broad range of fundamental skills on balance bike and transferring them onto a pedal bike. Delivered by our health and wellbeing team, both Aaron and Izzy have taught over 100 learners how to ride a pedal bike with confidence, a skill which some pupils now practice every morning as they now ride to school!



Health and wellbeing coach, Aaron, said “It has been incredibly rewarding delivering this programme for a second year. Every student has had 1-to-1 support, with almost everyone riding a pedal bike independently by the end of the programme, and having fun whilst doing so!”

