



Inspire Story

HEALTH AND WELLBEING

BALANCEABILITY

This term we have spent our Wednesday's at King Richard III Infant School, delivering Balanceability sessions as part of our Physical Literacy 1 package. Over the 10 weeks we have developed fundamental movements and balance skills, equipping pupils with the necessary skills to ride a pedal bike.

Across year one, pupils began the programme by learning how to put on their helmet, pick up the bike, and walk with the bike safely. Despite the weather, the students were confident and enjoyed riding the bikes. They worked collaboratively to navigate various obstacles whilst riding to develop their spatial awareness. It was a privilege watching the pupils develop their skills whilst enjoying the sessions over the 10 weeks.

Following the 10-week programme, 94% of students had secured the skills of propelling and steering the cycle, an improvement of 77% compared to week 1! The Year 1 pupils began the programme with a strong foundation of balance and motor skills, so they made brilliant progress which was reflected in the final week assessment data:

Skill	Secured
Gliding	97%
Stopping	94%
Breaking	81%
Spatial awareness	86%

