

Get Cycling: Balance

We are learning to Balance!

Get Cycling: Balance is a programme which uses games to help riders develop cycle handling and awareness skills off-road on balance bikes, propelling the bike with their feet rather than pedals.



THEY WILL TAKE PART IN GAMES WHICH WILL HELP THEM TO:

- Develop core strength
- Learn how to stride and glide on a balance bike
- Learn how to stop!
- Understand how to move around obstacles and other riders



HOW CAN I HELP?

- Let them show you what they have learnt and give them loads of time to practice!
- Go for a ride with them, use local park, cycle tracks or bridleways
- Don't hold onto them while they are riding, it doesn't help!
- Make sure their feet are flat on the floor and knees slightly bent
- Make sure they are sitting on the saddle, letting the bike take their weight
- Make sure that riders are looking up and in front of them rather than at the floor



WHAT'S NEXT:

- They will be ready to learn to ride a pedal cycle!



REMEMBER

If one child cycled to and from primary school every school day for an academic year instead of going by a car, they could save 164 kilograms of carbon dioxide equivalent: that's the equivalent of charging a smartphone almost 20,000 times.



Get Cycling: Learn to Ride

We are learning to ride a pedal cycle!

Get Cycling: Learn to ride is a programme teaches children how to balance on and ride a two wheeled pedal cycle.



THEY WILL TAKE PART IN GAMES WHICH WILL HELP THEM TO:

- Learn about the different parts of the cycle
- How to start by setting the pedal
- How to stop!
- Pedal for a short time without help



HOW CAN I HELP?

- Let them show you what they have learnt and give them loads of time to practice!
 - Ask them how to get the pedal into the right position
 - Ask them how to push off and glide
 - Ask them how to tap the pedal
- Plan to go for a ride with them when they have learnt, using local off road infrastructure.
- Don't hold onto them of the cycle while they are learning, it really doesn't help!
- Make sure that their feet reach the floor comfortably, with straight legs. This gives them confidence to they put their feet down if they need to.
- Make sure that riders are looking up and in front of them rather than at the floor
- Remember that a hard surface is better than grass, because it is easier for a rider to gain momentum



WHAT'S NEXT:

Some schools offer 'Get Cycling Ride' or Bikeability Level 1, which develops more control skills in a traffic free area.

See: <https://www.bikeability.org.uk/find-cycle-training/> to find a qualified cycle instructor



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Get Cycling: Ride!

We are learning to control and ride our pedal cycles confidently!

Get Cycling: Ride is a programme which uses games to help riders develop control skills through a series of games which get progressively more challenging. This element also prepares riders to make journeys in traffic free infrastructure, using segregated cycle tracks.



THEY WILL TAKE PART IN GAMES WHICH WILL HELP THEM TO:

- Play games to introduce them to the core skills ready for Bikeability in KS2
- Control their cycle around obstacles
- Control their speed
- Learn how to stop with control
- Understand how to move around obstacles confidently
- Look around while riding
- Ride one handed
- Develop spatial awareness and be aware of others



HOW CAN I HELP?

- Let them show you what they have learnt and give them loads of time to practice!
- Go for a ride with them using local traffic free routes or infrastructure
- Make sure that riders are looking up and in front of them rather than at the floor
- Make sure they are 'covering their brakes'!



- Once saddles are at the ideal height (tippy toes) they should be pedalling with their balls of the feet on the pedals not their heels
- When a rider is sitting on the saddle, the ball of their feet should be on the floor, with their heels lifted so that they are on tip toes



WHAT'S NEXT:

Some schools offer Bikeability Level 2 which will help your child be ready to make journeys confidently on the road.

See: <https://www.bikeability.org.uk/find-cycle-training/> to find a qualified cycle instructor



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