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3rd September 2025

Reception Bikeability Balance Course

Dear Parent/Guardian,

We would like to offer your child the chance to take some Bikeability Balance sessions at school on Monday 13th October and Tuesday 14th October. This course is free of charge. When attending each session, we ask that you ensure your child wears their PE kit. Hair should be tied back if long and be styled to accommodate a fitted helmet. Please read the information below which outlines the purpose and benefit of Bikeability Balance.

What is Bikeability Balance?

Bikeability Balance is a series of school-based sessions that aims to give children the basic balance and co-ordination skills they will need to learn to ride a bike. It involves fun games carried out on balance bikes (bikes without pedals) to develop handling and awareness.

Bikeability Balance will provide your child with a positive early experience of being on two wheels and give them the skills that they will need to take part in our 'Pedal Ready' course which is usually delivered in school Years 2-4.

Bikeability research has found that 40% of 6 year-olds aren't able to ride a bike. Part of the reason for this is that children get stuck using a bike with stabilisers or a tricycle, and are unable to progress easily to using a bike without stabilisers. By using balance bikes with no pedals, Bikeability Balance sessions focus on developing balance, rather than the ability to pedal. Achieving this helps children make the transition to using a bike with pedals more easily.

Our courses are run by Take Pride CIC under the registered scheme name Activriders. Bikeability Balance is delivered by our accredited Bikeability instructors. And will take place over three 35 minutes sessions during school time. Balance bikes and helmets will be provided but if a child has their own balance bike they are welcome to use that.

If you wish to book your child onto the course, please follow the link to complete the form by **Friday 26th September 2025**.

<https://consent.bikeability.org.uk/time-tiny-coast>

Yours faithfully,

Mrs Brown