

Armathwaite Community Primary School PE and School Sport Fund

Balance Bike Impact Review September 2016



In autumn term 2015 when we were thinking about our PE, School Sport, physical health and well-being, particularly in Year Reception and Year 1, we got onto the subject of balance bikes. We were auditing outdoor play, identifying all the strengths and fun things to do and learn, and deciding what we could do to develop it further. The suggestion of balance bikes seemed like a great idea and everyone at the student voice assembly agreed we should find out how much they were.

Then we got an email from Eden Valley School Sports Partnership, of which we are a member, saying that they had organised coaches to come into school and deliver balance bike coaching. What a great idea! Then we were thrilled to hear that the balance bikes the coaches brought would be given to school as part of the balance bike coaching programme.

Children in Year 1 and anyone else needing a little extra balance work to help them learn to independently ride a bike had weekly sessions.



It was great fun and everyone made a lot of progress.

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Balance is such an important physical skill and we can see how using a balance bike has helped our children to develop balance and core strength.

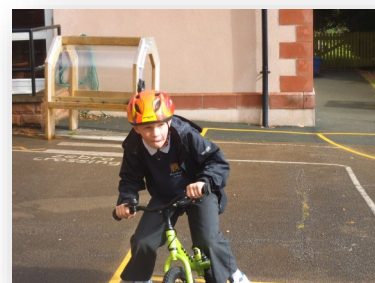
They also love to use them!

Once the course had finished we were the proud owners of 5 balance bikes which we now use every day in outdoor play. They are extremely popular with all our children, especially the new Year Reception group.



This has led to us deciding this year to buy some additional balance bikes and scooters for use on the field during play times.

We have also decided to buy a tricycle to develop pedalling skills and because they are fun to ride and play with ~ good for our health and well-being.



Having a safe place to learn to ride a bike is so important and we will monitor the difference this makes to our children's progress with Bikeability (road safety when riding a bike) in Year 5.



What We Think about the Balance Bikes and Balance Bike Coaching

I think they are really,
really fun!

Ollie

I think it was really good
having balance bike
lessons. It helped me get
better at riding my bike.

Sebby

It was fun!

Ewan

I like balance bikes. It is really
fun and the green one goes
fast!

Casper

The balance bikes are really good
because you can push with your legs
and it makes your legs stronger. Also
if you wanted to go a bit faster you
can use a slope.

Philippa

I really like them because if
you are just starting to go on
your bike it makes it easier
before you go on a bike with
pedals.

Millie