

# Cycling

Cycling instruction has been carried out at Greenbank since 2009 and we have a selection of bikes which we use to teach our children.

The children are taught how to ride a bike in line with the National Cycling Standards.

We believe that learning to ride a bike to the National Standards will enhance the children's ability to use roads safely and to raise their awareness of personal safety whilst out and about in the local area.

Cycling is a brilliant way to improve personal fitness and physical skills. Learning to ride a bike also allows children to succeed and can help raise their self-confidence which often helps them when back in the classroom environment.

## Reception, Year 1 and Year 2

In the Early Years, children work on balance bikes (bikes with no pedals). Children use their feet to maintain balance and to push themselves off. The bikes are easy to ride, lots of fun and perfect for those not ready for pedals!

Balance bikes develop motor skills, spatial awareness, balance, agility, core strength and co-ordination.

In Year 2, if the children are ready, they progress to riding traditional pedal bikes - developing the skills they have learnt from the balance bikes.



## Year 3, 4, 5 and 6

The children work in small groups to improve their cycling skills and confidence going onto complete their Level 1 and Level 2 National Standards 'Bike Ability' awards.

### Benefits of Cycling

<b>Social development</b>
Encouraging others
Sharing
Turn taking
Building trust with peers and adults
Developing a caring attitude
Leadership skills
<b>Personal development</b>
Decision making
Boosting self esteem
New experiences
Life long memories
Listening
Personal responsibility
Learning about reducing risk and recognising hazards
Improving focus and awareness of the environment
Dynamic risk assessment
Expanding comfort zone
<b>Emotional development</b>
Sense of personal achievement
Personal challenge
Fun
Confidence building
Encouragement of others

Self-awareness