

To help keep Britain’s kids moving and active during the school shutdown, this week we launched our HSBC UK Ready Set Ride daily activity calendar.

Launched alongside the [Youth Sport Trust](https://www.youthsporttrust.org/) as a tool to help parents introduce pedalling to playtime and teach more kids to ride, HSBC UK Ready Set Ride is split into three stages (Prepare 2 Ride, Balance and Pedals) which provide families with all they need to support children to start cycling.

While we’ll be sharing a new game or activity through our [Twitter](http://www.twitter.com/britishcycling) and [YouTube](https://www.youtube.com/user/britishcyclingvideos/) channels at 11:00 every day until Friday 24 April, you can access the full library at any time [here.](https://www.youtube.com/playlist?list=PLLiHgA3L2myqePqj1krm_8WKdwY2ltl4A)

If you require any further support along the way, you can find our full guide for each of the three stages below.

**Don’t forget to share your progress with us using #ReadySetRide!**

Introducing Ready Set Ride

Below is a list of videos to get YOU ready to teach a child to ride a bike, making sure they are set up correctly and safe as possible:

1. [Introducing Ready Set Ride](https://www.youtube.com/watch?v=r8GWdFY6lm8&list=PLLiHgA3L2myqePqj1krm_8WKdwY2ltl4A&index=5)
2. [My Journey](https://www.youtube.com/watch?v=fkrruZqlApo&list=PLLiHgA3L2myqePqj1krm_8WKdwY2ltl4A&index=2)
3. [How to Buy a Bike](https://www.youtube.com/watch?v=sX-_uKF0ErE&list=PLLiHgA3L2myqePqj1krm_8WKdwY2ltl4A&index=3)
4. [Making a bike fit](https://www.youtube.com/watch?v=e83l3m-V0Qk&list=PLLiHgA3L2myqePqj1krm_8WKdwY2ltl4A&index=4)
5. [Introducing Ready Set Ride - 1. Balance](https://www.youtube.com/watch?v=egpv9Udk_n8&list=PLLiHgA3L2myqePqj1krm_8WKdwY2ltl4A&index=6)
6. [Introducing Ready Set Ride - 2. Pedals](https://www.youtube.com/watch?v=hJ7FPEVwC8M&list=PLLiHgA3L2myqePqj1krm_8WKdwY2ltl4A&index=7)
7. [Introducing Ready Set Ride - 3. Groups](https://www.youtube.com/watch?v=SHEhz9b0wTc&list=PLLiHgA3L2myqePqj1krm_8WKdwY2ltl4A&index=8)
8. [Introducing Ready Set Ride - 4. Me and My Bike](https://www.youtube.com/watch?v=V0K1jTqHPBU&list=PLLiHgA3L2myqePqj1krm_8WKdwY2ltl4A&index=9)
9. [Introducing Ready Set Ride - 5. Your child and their bike](https://www.youtube.com/watch?v=gEImX4yulB4&list=PLLiHgA3L2myqePqj1krm_8WKdwY2ltl4A&index=10)
10. [Introducing Ready Set Ride - 6. M Check](https://www.youtube.com/watch?v=u0dtGe-LrcQ&list=PLLiHgA3L2myqePqj1krm_8WKdwY2ltl4A&index=11)
11. [Introducing Ready Set Ride - 7. Helmet Check](https://www.youtube.com/watch?v=wG7Bj-E8fs8&list=PLLiHgA3L2myqePqj1krm_8WKdwY2ltl4A&index=12)
12. [Introducing Ready Set Ride - 8 Removing Pedals](https://www.youtube.com/watch?v=Dj8ILvfOKN0&list=PLLiHgA3L2myqePqj1krm_8WKdwY2ltl4A&index=13)