

Balance bike training

Better by...



About this activity

Suitable for early years and Key Stage 1 pupils. Balance bike training allows pupils to start developing their cycling skills. These bikes are light and easy to handle so children need little assistance using them, helping to build their confidence before moving on to a pedal bike.

How it helps

This activity counts towards Travel activity.

- Supports the PE National Curriculum.
- Pre-step to cycling.
- Encourages exploration of personal capabilities.

This activity can count towards your Modeshift STARS accreditation:

Travel activity - C16-C18

Supporting: Promotion PR1, PR7,

Curriculum CU1, CU8, Partnership P3



Activity steps

1. Safety first

Make sure you have permission for each individual to be involved and have completed any risk assessments.

2. Get biking!

Have fun using the balance bikes in the playground allowing the children to develop their skills. How did your pupils find the training? Can you see an improvement in their confidence?

3. Tell your story

Sign in to Modeshift STARS to add your story and include pupils' feedback. Explain the activity and add photos and any posters or promotional materials. Feedback to your borough officer.