

Bike North Birmingham

Local Authority: Birmingham Council,
Bike North Birmingham.
B47 DQ.

Contact: Paul Ruffle

Birmingham Council identified the need to implement an early year's cycle programme in order to significantly increase numbers of children able to participate in Bikeability Level 1.

Commencing in October 2013, the Balanceability programme was rolled out to 14 primary schools across the region and involved +800 children. 12-week Balanceability course (Level 1 & Level 2), was run during the Term Timetable around the School year (Oct to June).

The programme has proved to be a huge success in terms of child engagement and development of new skills and confidence. There has been extremely positive feedback from parents of the children involved in the programme and as a result significantly increased numbers of children are now able and willing to embark on Bikeability Level 1.



Teacher feedback

"We started Balanceability in October and have taken 60 Reception aged children through Level 1&2 following the booklets and session plans closely which made running the session really straight forward. We were genuinely surprised and happy to see how many children had progressed to the stage of riding by session 8 and it was also reflected by the feedback from parents who had been struggling to get their children riding at home. We've made a video to help share this experience with other schools in the region"

Laura Whip
Head of Reception and Early Years
Holyfeild Primary School Birmingham

For more information:

Call: 0845 303 8385

Email: info@balanceability.com

Course Feedback

Case Study: Holyfield School, Sutton Coldfield, Birmingham. B75 7SG

Contact: Laura Whip Head of Reception and Early Years

Balanceability sessions were planned in curriculum time (weekly) for reception children.

- All children were observed and assessed during warm-ups in order to stream groups by ability.
- Significant progress from respective start points by whole group.
- By week 8, 40 out of the 60 children had progressed to riding a pedal bike – without stabilisers
- Parents had reported a high level of frustration out of school but a marked improvement during school – possibly due to the group inter-action and structured tuition
- The children have learnt an awareness of themselves through turning, stopping and working in pairs and teams. We also notice an increase in confidence and ability to make self-assessments.

People say the nicest things...

...“Short but regular opportunities for our children to take part in activities that develop balance, co-ordination and control. This not only develops fitness, confidence and self-esteem but we have found also increases their capacity to increase learning in the class room”...

“Balanceability has really enhanced our delivery and enabled us to increase provision for the youngest of our pupils. The children, staff and parents really love Balanceability. It is fun rewarding and outstanding value for money”.



Balanceability

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