



Redcar & Eston School
Sport Partnership CIC

BALANCE BIKE TRAINING

More Than Sport

IMPACT ON CHILDREN & YOUNG PEOPLE



Enjoyment

The training provides fun activities that build confidence on a bike, which may be their first experience of riding a bike. Creating a habit for life.



New Skills

The training builds confidence, spatial awareness, dynamic balance skills, fine and gross motor skills. Children learning to ride a balance bike will not need stabilisers. 94% of children can ride confidently and competently by the end of their training.



Other Benefits

Balance bike training is the first step to riding a bike. Creating healthy habits for the future.

IMPACT ON SCHOOLS

Balance bike training helps with core strength and balance which, in turn, helps children to sit at the desk in class. The development of their gross and fine motor skills helps with a child's ability to hold and manipulate small objects such as pens and pencils.

Children taking part in the training will be inspired to ride bikes and develop their independence and motivation levels.

In the long term, the more children that actively travel to school then the less congestion and pollution at the school gate.