

Redcar & Eston School Sport Partnership CIC



"Amazing because I can now ride a three wheeler bike without anyone's help!"
Masie, Student KTS

Case Study

KTS Moves



Kilton Thorpe Academy have created a physical activity campaign - KTS MOVES!

As part of this campaign the school want the children to be more active both inside and outside of school. The Redcar & Eston School Sport Partnership CICs' (RESSP) Active Travel Team were recruited to support the delivery of cycle training.

The Active Travel Team worked over three consecutive weeks to build the competence, confidence and motivation levels of a group of targeted children to ride their bikes. The ability levels of the 16 children were very diverse, but the patience and enthusiasm of all three instructors paid off. They supported the children to develop their riding skills by supporting them to steer their bike, avoid objects, stop slowly and improve their spatial-awareness.

During the second session the instructors saw a break through in the children's confidence levels. Most of the students put a helmet on and sat on a bike without any encouragement, some managed the skill of setting off independently and others mastered peddling over and over again (forwards not backwards!)



"It has increased the student's confidence and reduced their anxiety."
Emma, KTS Staff

The third lesson got really exciting. Three students were competent, confident and motivated enough to go off site! Three instructors along with the three students rode on the road along Marshall drive to Marshall Park, passing stationary vehicles and moving traffic, this was a huge achievement for the pupils.

At Marshall Park the two boys road supervised for over 45 minutes. Paige stayed on the path until her confidence grew and then she attempted some slight declines and inclines.

At the end of the training sessions every pupil had gained so much confidence and had conquered some anxiety or fears they had with riding a bike, balancing or even putting a helmet on their head.

The school are now making plans to develop cycling across the whole school and will be increasing the number of bikes they have available for students to use throughout the school day.

If any schools or families would like to book some Learn to Ride sessions with the Active Travel Team then please contact: info@ressp.co.uk for further information

