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Background

The Learn2Ride festival was funded by Redcar & Cleveland Borough Council and supported by the Redcar & Eston and the Cleveland School Sport Partnerships.

The six Primary Schools that were on the route of the Tour of Britain were invited to take part in a Learn2Ride festival. Each school was asked to bring up to 10 children. On the day three schools were unable to attend so the other three schools (Saltburn, Badger Hill and St Peter's C of E) were asked to bring more children if they could.

The caveat was that the children taking part were in Years 4, 5 or 6, had a bike at home but were either unable to ride a bike, had just started to learn or lacked confidence.

30 children attended the event, supported by three Bikeability instructors from the RESSP Active Travel Team, two CSSP support staff and the CSSP Team. In all, seven members of staff were involved in providing four different activities.



Children took part in activities that prepared them to ride a bicycle. Here children can be seen gripping a foam noodle to strengthen their wrists and picking up water bottles with their brake finger to help them with their coordination and fine motor skills.

Prepare2Ride

Four activities were designed to help progress the riding skills of the children. 'Prepare2Ride' helped children strengthen their muscles and understand which muscles help them ride and gave them the confidence of getting in the correct position before getting on a bike.



Balancing a ball on a tray helped the children to concentrate and focus, whilst strengthening their core muscles when holding the tray out in front with extended arms.



Children can be seen using the white line to balance on one leg and high step over to ready them for getting on a bicycle.



Using the foam noodle and picking up a water bottle to strengthen wrists and using fine motor skills to prepare the children to use their index/brake finger.

Balance2Ride

Bikes were purchased, with funding, to fit between the small balance bikes which Year 1 and 2 ride and the larger bikes used by the Active Travel Team.

Pedals were removed to turn those bikes into larger balance bikes.

Once the children had gained confidence in using the bikes as balance bikes, the pedals were re-fitted and the children were taught how to push off with one foot in the correct position and how to pedal a bicycle.

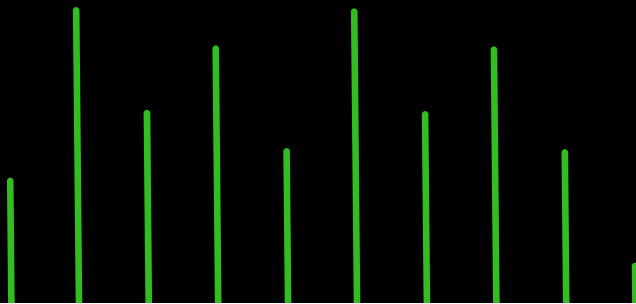
Children who had taken part in the Prepare2Ride activities said they felt better about getting on a bike having learned how to position themselves on a bike correctly and knowing that their tummy muscles were just as important as their leg muscles.



Learn2Ride

Once children had the balance and confidence to ride a bike, they were quick to pick up the skill and were able to ride a bicycle.

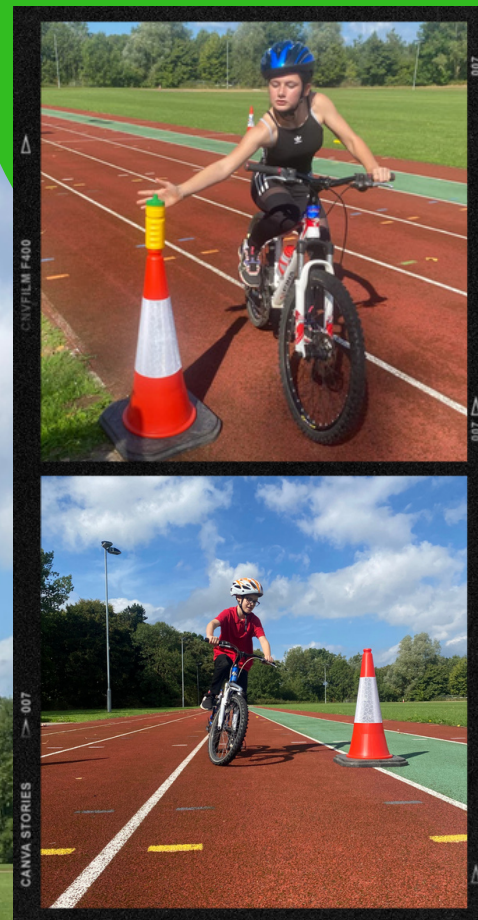
Some children stayed with the pedals off, and some were able to ride some distance.



Learn2Ride

Some of the children lacked confidence and were given activities which helped build confidence.

Activities such as riding with one hand and riding round a cone helps with balance and also prepares children to signal with one hand and ride round corners on the road safely.



Learn2Ride



Of the 30 children who took part, only 6 were unable to ride confidently by the end. A little more time and we are sure they would be able to. They were nearly there.

At the end, those who had gained the most confidence were given the chance to ride around a mountain bike track marked out on the grass area, and others given more time to practise.

The final presentation saw all the children leave with appropriate British Cycling Learn2Ride certificates and water bottles.

It was a fantastic event, and both School Sport Partnerships intend to run another event in the near future. Cleveland School Sport Partnership have offered Learn2Ride training in the three schools who were unable to take part.

**With thanks to
Redcar & Cleveland Borough Council**