

Learn to Ride Course

For Nursery, Reception & Year 1



***The fun way to learn
to ride a bike!***

A 10-week course for Early Years classes delivered by a professional instructor

Within one school term every child in EYFS can learn to ride a bike whilst having fun and getting healthy. What an achievement!

Designed to be taught in 10 progressive lessons, Freewheelers begins with the simple goal of teaching each child how to move, balance, and stop safely using a two-wheeled balance bike. Midway through the course, the bikes are converted from balance-mode to pedal-mode and learning continues on a pedal bike to complete the remainder of the course.

Fun is a key element in the course which is why each session has a good mix of group activities, fun games, and personal challenges. Each child learns intuitively and at their own pace without pressure to keep up with others. By adopting this approach, most children who attend each week are able to cycle confidently by the end of the course.



"The children loved it. Clear messages were delivered in a fun interactive way and every child gained a priceless lesson whilst having fantastic fun"

**Chris Dyson, Headteacher,
Parklands Primary School,
Leeds.**