

*The fun way to learn to ride!*

**Learn to run your own cycling sessions in school**

## One day practical workshop to enable school staff to run balance bike sessions in school.

This one-day course delivered by Pro-Ride Founder and Director, Phil Bateman is an ideal way to train your staff to run progressive cycling sessions for children in Key Stage One.

Suitable for up to 5 members of staff (teaching or non-teaching), the course covers everything you need to know to run sessions for PE lessons, after-school clubs, or occasional activities in school.

The course requires no prior learning or experience of cycling and includes a comprehensive instruction manual, example lesson plans, and printable activity card pack covering a wide variety of fun games, challenges, and mini-races.

No special equipment or clothing is required to attend the course.



"Thank you for an excellent day. Everything was straightforward and the course was well run. We can easily create a cycling club now thanks to a brilliant course. I would definitely recommend this course to other schools in the area."

**Head of PE, Vane Road Primary,  
Newton Aycliffe.**