



## EYFS PSHE & Physical Development

### On our Bicycles - Bikeability Balance

Starting the 'Learn to ride' journey using Bikeability Balance bicycle training

#### READY EYFS LINKS & SESSION OUTCOMES

##### Personal, social and emotional development

**Self-confidence and self-awareness:** children are confident to try new activities, and say why they like some activities more than others. Children say when they do or don't need help.

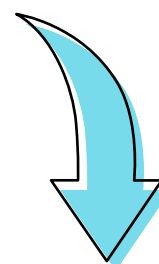
**Managing feelings and behaviour:** children work as part of a group or class, and understand and follow the rules.

**Making relationships:** children show sensitivity to others' needs and feelings, and form positive relationships with adults and other children.

Bikeability balance training supports many areas of the EYFS check here **What Can Bikeability Balance do for children in the EYFS?**

This learning resource supports pupils to:

- Identify why cycling is a healthy activity
- Develop cycle handling and awareness skills, using games on balance bicycles, trikes or adapted cycles.
- Support confidence and inspire progression to pedal cycling.



#### SET WHAT YOU WILL NEED

- Explore the **What Can Bikeability Balance do for children in the EYFS?** resource
- Visit <https://bikeability.org.uk/bikeability-training/bikeability-plus/> to view a **Bikeability Balance** information video.
- Access to balance bikes (talk to your Bikeability training provider)

#### PEDAL WHAT TO DO

- Read through **What Can Bikeability Balance do for children in the EYFS?** and share with families
- Contact your Bikeability training provider and discuss opportunities for Bikeability Balance training
- Display **Bikeability posters** around your learning space to promote the opportunity



#### TO MAKE THIS LEARNING ACTIVE

Bikeability Balance training promotes physically active learning throughout.



#### DID YOU KNOW?

The Netherlands have the world's largest multi-storey cycle parking area, with space for 12,500 bicycles!! Amazing!



# What Can Bikeability Balance do for children in the EYFS?

**Bikeability Balance training is designed and delivered by qualified instructors to support the 4 guiding principles that help to shape practice in settings and recognises that;**

- every child is a unique child, who is constantly learning and can be resilient, capable, confident and self-assured
- children learn to be strong and independent through positive relationships
- children learn and develop well in enabling environments, in which their experiences respond to their individual needs and there is a strong partnership between practitioners and parents and/or carers
- children develop and learn in different ways and at different rates.



## COMMUNICATION AND LANGUAGE

**Through interaction with an instructor Bikeability Balance training provides opportunities for children to:**

- further experience new vocabulary and a rich language environment
- ask questions, listen and respond
- share thoughts and feelings about their experiences

## PHYSICAL DEVELOPMENT

**Bikeability Balance training enables children to:**

- be active and interactive using balance bikes within groups
- develop their co-ordination, control, and movement.
- understand the importance of physical activity and how cycling can play a role in this
- enhance their physical literacy through development of their confidence, competence and understanding

## PERSONAL, SOCIAL AND EMOTIONAL DEVELOPMENT

**Bikeability Balance training supports children to:**

- develop a positive sense of themselves, and others and form positive relationships and develop respect for others through the activities
- develop social skills of turn taking, listening, cooperation and empathy and learn how to manage their feelings
- to understand appropriate behaviour in groups
- have confidence in their own abilities, develop resilience and demonstrate perseverance

## MATHEMATICS

**Bikeability Balance training can help pupils to:**

- describe shapes, spaces
- experience use of mathematical language (directional and comparative)

## UNDERSTANDING THE WORLD

**Bikeability Balance training can help guide children to:**

- make sense of their physical world and their community
- observe and find out about the environment



**EYFS** PSHE & Physical  
Development

**Teacher  
Resource**



**TOOLS for  
SCHOOLS**

  
Department  
for Transport

## Bikeability Balance Video



[https://youtu.be/-ZrsBLgKW\\_M](https://youtu.be/-ZrsBLgKW_M)