ProRide
Cycling for Schools

# CYCLING FUN DAYS

**Balance and Pedal Bike Fun for KS1**




## Professionally coached fun cycling day for Key Stage 1 classes

Our KS1 Cycling Fun Days are a great way for Key Stage 1 children of all abilities to develop coordination, balance and control, preparing them for a lifetime of confident cycling.

Each day delivers a series of small group sessions lasting about an hour (depending on age and number of sessions) where we cover basic bike handling, starting, stopping, cornering, riding in a line, riding in pairs and various team activities, fun games, challenges and obstacle activities.

Balance bikes can be provided for younger and small children, with older children encouraged to bring in their own bikes (larger pedal bikes can be hired if required). No special clothing or preparation is necessary as we take care of all risk assessments and planning. We can cater for up to 90 children a day with options 60, 75 or 90 places. Sessions usually take place outdoors but can be switched indoors in unsuitable weather.

To book a day for your school or to check availability and prices, please feel free to get in touch or check the website for details.



"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.**

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