



# William Gilbert Endowed

(Church of England)

## Primary School & Nursery

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Headteacher: Mrs E H Britten



13<sup>th</sup> May 2024

Dear Reception Parents

We are writing to you regarding a fantastic opportunity for your child to attend [Balanceability](#) sessions at school on the following dates. The course will involve 4 sessions of approximately 45mins per week.

Thursday 6<sup>th</sup> June  
Thursday 13<sup>th</sup> June  
Thursday 20<sup>th</sup> June  
Thursday 27<sup>th</sup> June

### BALANCEABILITY

Children learn to crawl before they walk...and walk before they run...So, why expect a child to progress from riding a tricycle and/or bicycle with stabilisers, to riding a bicycle without? The opportunity to master the key aspects of static and dynamic balance is essential.

### WHERE IS IT DELIVERED?

Balanceability is the UK's first accredited 'learn to cycle' programme for children aged 2½ to 6 years old. It is currently active in 400 sites across the UK with 94% of children aged 4 to 6 years old being able to safely ride a pedal bike at the end of the programme.

Balanceability combines unique ergonomic balance bikes with a schedule of fun activities that build confidence, spatial awareness and dynamic balance skills enabling young children to cycle without ever needing stabilisers.

A balance bike is a lightweight, pedal-less child's bike which facilitates balance and propulsion. Children run along whilst seated, push off the ground to create forward movement and use a combination of their feet- and hand-operated brake to slow down and stop safely.

Our sessions will be delivered on school premises.

### HOW IS IT DELIVERED?

Pupils will attend structured lessons that incorporate fun activities to help children develop gross motor skills, spatial awareness and bilateral co-ordination. Children are able to transition to riding a pedal bike in a safe, rewarding manner and are set on the way to enhancing their physical literacy.



The Balanceability programme is supported by Olympic Gold-medal winning cyclist Chris Boardman MBE, who said: "Balanceability is the fundamental starting point for children's cycling and an excellent opportunity to promote active lifestyles at the earliest possible age. I can see it also provides a natural lead into Bikeability for Schools and I would encourage all schools to give children the opportunity to use balance bikes."

We have engaged Big on Bikes Ltd ([www.bigonbikes.co.uk](http://www.bigonbikes.co.uk)) and their Balanceability accredited instructors to deliver this programme for us

The class will be split along ability lines, ideally, so that we can ensure each group has time and opportunity to grow their skills alongside peers of the same level. (one group consisting of Non Riders/low confidence and the other more confident riders)

**IF POSSIBLE, PLEASE CAN YOU SEND YOUR CHILD WITH A CORRECTLY FITTED CYCLE HELMET EACH THURSDAY FOR ALL THE SESSIONS?**

**N.B Delivery will take place on our school site and we will provide all the bikes. Children DO NOT leave the school facility and will work solely on the playground**

If you have any concerns or questions regarding cycling please contact myself or Mrs Manners.

Yours sincerely

Mrs J Reed  
PE Coordinator