



ST JAMES CATHOLIC PRIMARY SCHOOL, HEBBURN

2nd April 2025

Dear Parents and Carers,

Reception Balance Bike Sessions

The road safety team at South Tyneside Council will leave balance bikes and helmets at school for three weeks from Wednesday 30th April. A Bikeability trained instructor will then come into School every Wednesday morning for two weeks to complete activities with the children in small groups. If children can already ride a bike this is just a fun way to give them more confidence

Balance bikes are specially developed for young children to learn to keep their balance and steer. Balance bikes have no pedals, crankshaft or chain.

They work very simply; children sit and push the ground with their feet. This gives children confidence to learn to balance without having to concentrate on pedalling. Once they have worked out how to balance the transition straight on to a two wheeled bike is usually very quick and easy.

The sessions are all about fun and games will encourage the children to 1. Learn how to get on and off, and push the balance bike in a straight line. 2. Lift their feet off the ground, stay balanced and steer the bike around. 3. Complete all tasks on the last session.

When the balance bikes sessions are finished you will receive a report from Bikeability about your child's work and, each child will receive a certificate for taking part.

You will be sent a link via text message, please follow this link to confirm that your child can join in with these sessions.

We hope the children enjoy these fun and interactive sessions.

Kind regards

Mrs. Heslop
Headteacher

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