

Cycling Activities Guide

From Cycle North, your **Bikeability** provider



Cycle North

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Cycle North is the Bikeability provider for all schools in Leeds, Sheffield and Wakefield. We work in over 300 schools, training 9000 pupils per year, to cycle safely.

We also offer a whole range of cycling activities to schools to enable all year groups to share in the many benefits of cycling.

All these activities can be funded by the PE and sport premium.



Foundation & Key Stage 1

Balance Bikes

Taster

Reception, Year 1, Year 2

These are fast paced sessions sharing the fun that can be had on balance bikes. Starting with a helmet and bike fit, instructors will run through a series of basic skills exercises, circuits and games to develop confidence, co-ordination and balance.

Numbers	6 children per session (30 per day)
Cost	£200/day (1 day) £175/day (2+ days) (all balance bikes & equipment provided)

"Absolutely fantastic training again. The children really enjoyed taking part and achieved so much in a short time. Thank you."
Alwoodley Primary School



Balance, Pedal, Go!

Reception, Year 1, Year 2

This is our package of learn to ride sessions designed to get children who can't yet ride to get riding independently.

Children start on balance bikes in session 1 with a series of activities and exercises, to develop dynamic balance and familiarity with being on a bike. In sessions 2 and 3 they progress on to pedal bikes, by way of carefully graduated mini exercises.

For those in the class who can already ride, they'll take part in a mini skills course and games. Ideally children will use their own bikes for sessions 2 & 3, but we can lend bikes to those without their own.

Numbers	6 children per session (30 per day)
Cost	£525 (3-day package for 30 children) (all balance bikes & equipment provided)



Key Stage 2

Balance Pedal, Go!

Year 3, Year 4, Year 5, Year 6

Using our proven learn-to-ride model, this activity focuses on getting KS2 pupils, who cannot yet ride, or are still wobbly, riding confidently.

These short, intensive, sessions make learning to ride a bike fun and achievable. Working through a series of graduated activities and exercises, participants develop their balance, and improve their stability on two wheels.

Bikeability training offered to Year 5 and Year 6 classes requires a basic cycling ability and this activity will maximise the number of pupils able to participate.

Ideally children will use their own bikes, but we can lend bikes to those who don't have one.

Numbers	We'll timetable these on an individual school basis depending on numbers. Please get in touch.
Cost	

Skills and Circuits

Year 3, Year 4, Year 5, Year 6

This is an exciting skills session taking place in the playground for children who can already ride a bike.

We develop cycling skills, and improve control and stability, by using circuits, games and an obstacle course. Depending on their ability children will tackle ramps, seesaws, and limbo poles as well as play a range of cycling games to maximise their learning.

Children will need their own pedal bike, but we can lend bikes to those without their own.

Numbers	10 children per session (30 per day)
Cost	£200/day (1 day) £175/day (2+ days)

Cyclocross

Year 3, Year 4, Year 5, Year 6

Cyclocross is cross country bike racing with a difference. Our introduction to the exciting sport is based around a maze-like circuit on grass. Children of all cycling levels can enjoy taking timed runs around the circuit, over obstacles and round bends, to see if they can make it onto the leader-board.

This is an excellent activity to improve riders' confidence and control whilst letting off steam.

Venues will need a grassed area for the circuit and children will need their own pedal bike, but we can lend bikes to those without their own.

Numbers	10 children per session (30 per day)
Cost	£200/day (1 day) £175/day (2+ days)

Bike Safari

Year 5, Year 6

This is an escorted ride, led by trained instructors, from the school along a route using local roads and cycle paths. The route will be traffic free where possible, and include points of interest. The length of the ride will be tailored to the abilities of the participants and will be at a leisurely pace, with plenty of breaks.

Numbers	Up to 15 children per ride (30 per day)
Cost	£225 per ride £375 per day (2x rides)



Information

Year Groups

Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Balance Bikes Taster	Balance Bikes Taster	Balance Bikes Taster				
Balance, Pedal, Go!	Balance, Pedal, Go!	Balance, Pedal, Go!	Balance, Pedal, Go!	Balance, Pedal, Go!	Balance, Pedal, Go!	Balance, Pedal, Go!
			Skills & Circuits	Skills & Circuits	Skills & Circuits	Skills & Circuits
			Cyclocross	Cyclocross	Cyclocross	Cyclocross
					Bike Safari	Bike Safari

Details and Costs

Activity	Session Times	Group size	Cost
Balance Bikes Taster	45 min sessions	6 children per session (30 per day)	£200/day (1 day) £175/day (2+ days)
Balance, Pedal, Go! (KS1)	45 min sessions	6 children per session (30 per day)	£525 (3-day package for 30 children)
Balance, Pedal, Go! (KS2)	We'll timetable these on an individual school basis depending on numbers. Please get in touch.		£200/day (1 day) £175/day (2+ days)
Skills & Circuits	1.5hr sessions	10 children per session (30 per day)	£200/day (1 day) £175/day (2+ days)
Cyclocross	1.5hr sessions	10 children per session (30 per day)	£200/day (1 day) £175/day (2+ days)
Bike Safari	Half day ride (to fit in with school timetable)	Up to 15 children per ride (30 per day)	£225 per ride £375 per day (2x rides)

To make a booking, or for any more information, please contact:

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