



2nd February 2018

Dear Parent/Carer

## **BALANCEABILITY**

Starting on Tuesday 6<sup>th</sup> February, all Reception children will be participating in Balanceability lessons. The lessons will last for an hour and will be held every Tuesday for the next 6 weeks.

### **What is Balanceability?**

Balanceability is the UK's first accredited 'learn to cycle' programme for children aged 2½ to 6 years old. The programme is a structured course available to schools, leisure centres and independent trainers. 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.

Check out the website for fun photographs as the weeks progress.

Yours faithfully

Miss Hamilton  
Deputy Headteacher



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