

Sustrans Bike It

Year 1 Balance Bikes

7th – 9th October 2024



From the 7th – 9th October 2024 Bike It John will be running some **free Balance Bike sessions for year 1.**

The lessons will be for 1 hour and will take place during the school day, balance bikes and helmets will be provided. Due to the limited number of smaller helmets we request that children bring your own correctly fitting if they have one available.

The children will learn how to balance on a bike, control their bike around corners, and how to safely come to a stop using a brake which will help them transition to pedals without the need for stabilisers.

Please make sure your child wear is dressed for the weather.

Bike It Officer John Clode
john.clode@sustrans.org.uk

Sustrans is the UK's leading sustainable transport charity working on practical projects, so people choose to travel in ways that benefit their health and the environment. To find out more visit www.sustrans.org.uk or call 0845 113 0065.


sustrans
JOIN THE MOVEMENT