



QUALITAS SPORT LTD
BIKE A MENTALS
BALANCE BIKE



BIKE-A-MENTALS BALANCE BIKE

Scheme of Work: Qualitas Sport Bike-A-Mentals, Balance Bikes, Beginners Cycle Course & Intermediate Cycle Course

Qualitas offer a range of cycling courses from balance & fundamentals courses for reception and year 1 pupils to beginner & intermediate cycling courses for KS1 & KS2 children, all are delivered by qualified coaches. Cycling is a key method of active travel and is crucial in developing a healthy nation, developing cycling knowledge and skills through primary school can have a lifelong benefit on the wellbeing of individuals and communities.

Qualitas Sport Bike A Mentals: fundamentals and balance course.

Balancing is the most crucial foundation skill from a young age to enable each child to become physically literate and excel in sport and physical activity preparing them for an active life as well as reducing injuries from falling.

INTENT

- For children to develop fundamental balancing skills.
- For children to take part in a variety of balancing activities.
- To prepare children for riding a bike; allowing children to gain skills and the confidence required to independently ride a pedal a bike.
- To prepare children for the bike a mentals beginners course.
- To increase pupils safety awareness when riding a bike, and introducing road safety.

ENTHUSIASTIC Consistently demonstrating desire, passion and enthusiasm maintaining a positive attitude which can inspire others

ENGAGING Building relationships within the team, absorbing information from each other, meeting all players needs through warmth and approachability

EXPERT Producing quality and always striving to be the best through continuous learning ethic in the work environment and willingness to adapt and improve to maintain high standards

EMPATHETIC Personal interest in each individual involved in Qualitas understanding everyone's needs and viewpoints to respond accordingly

ENABLING Supporting all players and coaches appropriately to enable everyone to achieve their goals, seeking opportunities for all to develop, sharing information and experience to help others

IMPLEMENTATION

2 hour ratio 16-1.

	CONTENT Qualitas coaches will deliver the bike a mental morning using a range of stations working with 1 full class
Balance bikes	<p>All children will have a minimum of 40 minutes working on balance bikes to gain the confidence and skills to balance & manoeuvre safely.</p> <p>All children will have a safety briefing and activities to support ensuring children are safe when using a bike, supporting children to fit their own helmet.</p>
Balance & Fundamentals	<p>All children will take part in fundamentals activities that actively develop skills that can improve the ability to ride a bike. All children will take part in balance activities which will develop balancing skills using balance boards as well as help the children to understand the theory of balancing to build confidence in their own ability.</p>
Safety awareness	<p>Learning traffic light systems, being able to stop efficiently and safely, understand where would be safe to ride the bike.</p>

IMPACT

- Children are sufficient when balancing on a balance bike & in control of the balance bike.
- Children are prepared to apply the balance skills to riding a bike in the next stage of their development.
- Improvement of fundamental movement skills.
- Children understand safety equipment (helmet) and are able to fit this themselves, children understand where it is safe to use a bike and crossing roads.

CEDE NULLIS

“NEVER GIVE IN”



COLLABORATION
COMMUNITY
LEGACY
FOR OUR CHILDREN
#SUSPORT4ALL



QUALITAS SPORT 2021

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