



QUALITAS SPORT LTD

BIKE A MENTALS

BEGINNERS COURSE



BIKE-A-MENTALS BEGINNERS

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: Beginners Course.

The beginners course is designed to introduce young people to the world of cycling, this will introduce the basic fundamental skills required to ride a pedal bike effectively and safely.

INTENT

- For children to develop fundamental pedal cycling skills: prepare for a journey, check bike is ready, set off, pedal, slow down & stop efficiently.
- To equip children with the skills and confidence to independently ride a pedal a bike.
- To prepare children for the bike a mentals Intermediate course.
- To teach pupils health and safety considerations when riding a bike.

ENTHUSIASTIC	Consistently demonstrating desire, passion and enthusiasm maintaining a positive attitude which can inspire others
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ENGAGING	Building relationships within the team, absorbing information from each other, meeting all players needs through warmth and approachability
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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
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EMPATHETIC	Personal interest in each individual involved in Qualitas understanding everyone's needs and viewpoints to respond accordingly
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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
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IMPLEMENTATION

2 hour ratio 16-1.

	CONTENT Qualitas coaches will deliver the bike a mental's beginner course to groups of 16 pupils across 2 hours.
Preparing for a ride	All children will be able to prepare themselves, dressing appropriately, fitting and adjusting the helmet independently & be able to recognise if they are able to cycle independently.
Checking the bike	All children will learn how to adjust a bike seat to fit their own height, check the tires are pumped up, check breaks are working effectively and be able to name at least some parts of the bike. Children will also be able to understand how they can make their bike even safer when riding in poor light. The main aim is to ensure the bike is safe to ride.
Cycle	In this section, children will learn how to set off on their bike, pedal efficiently, utilise the gears appropriately, slow down when required, stop safely (emergency and gradual breaking). All the skills will embed avoiding hazards, turning, being able to look over the shoulder, use one hand to signal & make U turns. All these skills will be embedded into fun activities encouraging children to practice and perfect the skills to achieve a level they can utilise outside of the playground when cycling.

IMPACT

- Children are able to ride a pedal bike with confidence independently.
- Children are prepared at all times to apply the skills learnt whilst cycling to keep themselves safe whilst cycling.
- Development of knowledge of a bike and how to recognise if a bike may not be safe.
- Children understand safety equipment (helmet) and are able to fit this themselves, children understand how to use a bike with consideration for other users of public places, knowing how to safely avoid hazards as well as emergency stop if necessary.

CEDE NULLIS

“NEVER GIVE IN”



COLLABORATION
COMMUNITY
LEGACY
FOR OUR CHILDREN
#SUSPORT4ALL



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