



Outspoken!
Training

"I had no idea what magic your instructor would perform to get my unconfident son (who was not sure of using his bike even with stabilisers) to ride perfectly without them, within an hour, but it was some sorcery, I'm sure!"

He's loving his new skill, thank you!"

Parent, Cambridgeshire

Learn to Cycle Training

About

Learn to Ride training is a great introduction to cycling, developing the essential skills of agility, balance and coordination for riding.

The session focuses on encouraging children initially to push and glide before introducing the pedals. Our instructors are creative and use imaginative games to build lots of enthusiasm on two wheels.

Learn to Ride Outcomes:

- Get on and off a bike
- Start off and pedal without help
- Stop without help
- Ride along without help for roughly one minute or more
- Make the bike go where they want
- Demonstrate understanding of safety equipment and clothing
- Carry out a simple bike check

All participating pupils will receive a certificate.

More Information

For more information and details of how to book this free training, please contact:

Libby Gandon

Administration Apprentice

bookings@outspokentraining.co.uk

01223 473820

www.outspokentraining.co.uk

How?

Course Length:

Our course is delivered as 1x 1-hour session.

Group Size:

We work with groups of up to 3 pupils with one instructor delivering the training.

Instructors:

Our instructors are all:

- National Standard Cycle Instructors
- Enhanced DBS checked
- First Aid trained
- Undertaken safeguarding training

Space Required:

Playground or classroom roughly the size of a tennis court.

Training is Suitable For:

- Pupils who are using a balance bike
- Pupils with stabilisers on their bikes

The training is not suitable for pupils who can already cycle independently on two wheels.

Pupil Requirements:

Every child who participates must:

- Return a signed Outspoken parental consent form
- Provide a roadworthy cycle
- Bring a helmet complying with British Standard EN 1078:1997
- Have suitable clothing for cycling and the weather conditions

We cannot provide bikes or helmets.