



## LEARNING TO RIDE A BIKE

Name:.....

SKILL PROGRESSION	TEACHING TIPS FOR PARENTS	TICK / STICKER WHEN DONE
<b>Able to put on helmet independently</b>	Practice fastening the buckle before putting helmet on. Start with longer strap initially to avoid catching the skin (but tighten before cycling). Use of a mirror may help to locate the buckle if this is hard when the helmet is on.	
<b>Able to hold both handlebars and push bike <i>in a straight line</i> while walking beside it. Standing on the left hand side (no chain this side)</b>  <b>Looking ahead and around to check the route is clear</b>	This is important in terms of safety for crossing roads. It helps to start with this to learn how to handle the bike. Children sometimes stand and walk too close to the bike and fall into it, so give hints to stand further away.  Emphasise the need to LOOK around and listen for safety.	
<b>Able to hold both handlebars and push bike <i>around a corner</i> while walking beside it</b>	Give guidance to turn a large enough circle so that the bike does not lean excessively while turning the circle. As children become more confident, or if space is limited, they may be able to hold under the saddle with one hand to lift the back into position.	
<b>Able to stop bike using both brakes (walking beside it) on sudden verbal command</b>	It is important in terms of safety to <b>learn how to use the brakes</b> before learning how to ride.	

<b>Able to mount the bike. Placing both hands on the handlebars and brakes if necessary.</b>	Practice getting on and off the bike from the left side, holding both handlebars. Use the brakes if the bike moves or you are on a slope.	
<b>Able to dismount. Keeping both hands on the handlebars and brakes if necessary.</b>	Take right leg over the back wheel to end up standing on the left side.	
<b>Able to scoot on bike sitting on the saddle, not standing up, taking “walking” steps. Pedals removed.</b> <ul style="list-style-type: none"> <li>• in a straight line</li> <li>• round a corner</li> </ul>	Removing the pedals makes scooting easier. This is the start of learning how to balance on the bike. Encourage sitting on the saddle (not standing) while scooting. Continue to practice safe stopping as above using the brakes.	
<b>Able to scoot on bike, lifting 2 feet together to balance briefly. Pedals removed.</b>	Encourage LOOKING ahead just in front of the wheel, but also checking if the route is safe and clear.	
<b>Able to scoot on bike, lifting 2 feet together, gaining speed by tapping one or other foot on the ground. Pedals removed.</b>	Continue to promote safe stopping.	
<b>Able to stop bike safely if losing control while scooting</b>	Prompt with “What do you do if you start wobbling?”	

<b><i>“Both brakes on, Both feet down”</i></b>		
<b>Able to prepare pedal position ready to push off. Pedals reinstated.</b>	Your child will probably use choose the foot that feels easiest for them to use to push off. Explain or demonstrate how to lift the pedal into position by placing toes underneath the pedal. Make sure the opposite leg is not blocking the pedals from turning.	
<b>Able to push off using pedal with support to balance and to keep moving, while placing second foot on the pedal.</b>	The helper should hold the bike underneath the back of the saddle and will need to keep the bike upright. Some help may be needed initially to steer by placing a hand on the handlebars briefly.	
<b>Able to pedal bike with constant support to balance</b>	Encourage the child to stop if they are leaning over too far or losing control, otherwise they will start to rely too much on help to balance.	
<b>Able to stop bike safely using both brakes and placing feet down if losing control. <i>“Both brakes on, Both feet down”</i></b>	Keep encouraging brakes and feet down if control is lost or if your child leans the bike too far.	
<b>Able to pedal the bike with intermittent support to balance</b>	As balance and steering improves and if your child is reliably stopping when overbalancing or losing control, start to let go of the saddle briefly. At this stage it may help if you move up from holding the saddle to holding the child’s trunk on either side. This way you can help them to feel how to adjust their posture if the bike starts to lean. A handling belt can be used.	
<b>Able to cycle in a straight line without</b>	Encourage child to look in front of the wheel and up.	



<b>support</b>	Focusing vision will help with balance and steering.	
<b>Able to push off using pedal and place second foot up without help to balance</b>	Encourage keeping handlebars straight. The right amount of momentum will be needed to give time to lift the second foot onto the pedal. It is a matter of trial and error and lots of practice!	
<b>Able to cycle around a corner without support</b>	Start with really gentle corners where visibility is good. Keep encouraging to look ahead and up.	
<b>Able to cycle between a visual marker e.g. two poles or flat lines on the floor</b>	This will help to develop looking and steering skills and being able to cycle around and avoid obstacles later on.	
<b>Able to cycle in and out of cones without support</b>	This will continue to help develop looking and steering skills and increased control of the bike.	
<b>Able to cycle with awareness of others, avoiding obstacles and stopping suddenly if necessary</b>	Encourage looking and noticing obstacles and hazards.	
<b>Able to cope with bumpy surfaces when cycling</b>	Practice initially where it is safe i.e. out of main traffic areas.	

<b>Able to dismount and let go of bike, storing it safely so that it does not fall over.</b>		

**WELL DONE!**

**Learning to ride a bike does take lots of practice, but it is great fun!**

