



Sport RCT

Case Study

Developing people - Capcoch Primary School Build 'n' Balance Project

Working in partnership with the RCT Road Safety team we developed a project to offer balance bike training and resources to primary schools. We provided the RCT Road Safety team with 20 balance bikes and asked them to pilot the project in a number of our focus schools.

The team deliver two half day training sessions to each school, simultaneously educating the children, and training the teachers so that they have the knowledge to continue sessions long term. The training involves 'prepare to ride' activities which work on balance, coordination and confidence, and time on the balance bikes learning to ride. Following the training, balance bikes and resources are left at the school for 6-8 weeks.

Capcoch Primary had contacted us, looking to start a project around balance, coordination, and confidence, so we arranged for them to receive the training, resources, and bikes. Following the training the teachers quickly realised how much the balance bikes were helping to develop the balance and coordination of children in the foundation stage. They had noticed post-pandemic that many children had delayed physical development and they wanted to make sure they were providing opportunities for children to work on these skills and their confidence. For them to have their own equipment, and be able to deliver the sessions long term, they decided to submit a School Fund application to us. Their application was successful and we provided them with £500 of balance bike equipment.

The children have loved having equipment that allows them to be creative by building their own balance tracks. The equipment we provided can be easily moved around the school so children are able to create their own activities. Each class in the school have access to the equipment weekly, and it is available during break time. The bikes are used daily by the nursery and reception classes to help build their confidence and skills.

“The younger children have improved their balance and confidence. It's improved their spatial awareness moving around the classroom, and we've also noticed improvements in their walking (balancing), jumping and decision making. It's also been great for children with additional learning needs that have Individual Development Plans as we allocate separate time for them to use the equipment. Some of these children struggle in a large class environment, but are benefiting from using the equipment.”
Teacher

£500
funding awarded

100%
feel more confident

100%
will continue to take part

169
participants

100%
feel happier

