

SportRCT Case Study

Caegarw Primary School Balance Bike project

We met with the school to develop a project as part of our Foundation School Fund. This fund allows focus schools to apply for funding to develop projects for children in the infants' classes (nursery to year 2). The Fund was set up to encourage schools to focus more on their physical activity provision for this age group.

The school wanted to increase the number of children within their school that were able to ride a bike. They wanted the younger pupils to have access to balance bikes to help them develop their physical literacy. Improving their fundamental movement skills, confidence and motivation will help them to be active and cycle later in life. As part of the funding, they received balance bikes and helmets, as well as training for their teacher. Following the training, they set up an after-school balance bike club. They limited the club to 5 pupils to ensure each child received lots of attention to develop their skills and confidence. Sessions ran for 6 weeks and involved a mixture of activities on and off the bike. Some children had never been on a bike before.

At the final session, the children's families were invited for the children to showcase what they had learnt. The school have also been running a balance bike rental scheme at the school, allowing families to rent them for weekends and school holidays. When asked, 100% of the children told us that they enjoyed the club, feel more confident riding a bike and want to keep riding a bike.



“It's been great to see the children's confidence increase, and their skills improve every week” Teacher
“She's had a balance bike for a while but has never shown much interest, but since this club she's using it all the time” Parent


5
 children took part


100%
 want to keep riding a bike


6
 sessions were delivered


100%
 feel more confident riding a bike


100%
 enjoyed the club

