



# Sport RCT Case Study

## Getting children more active - Cwmbach Church in Wales Balance Bike Project

In June 2022 we worked with British Cycling to deliver a Ready Set Ride course at Abercynon Sport Centre. 24 people attended including 4 of our Sport RCT coaches.

Cwmbach CIW were a focus school, and we met with them to discuss potential projects. They identified the Foundation stage as an area they would like to improve on, because they were not offering these age children many opportunities to participate in physical activity outside of PE lessons. Cycling was also an area of interest for them.

We decided to set up Balance Bike sessions at the school, delivered by our Sport RCT coaches and using the Ready Set Ride resource developed by British Cycling. The coaches delivered 6 weeks of Balance Bike lessons every Tuesday afternoon to the nursery/reception class in small groups of around 8 pupils.

To allow the school to deliver Balance Bike sessions themselves we upskilled one teacher with the British Cycling 'Cycling for Schools' course, and we supported their School Fund application for balance bikes and helmets. As a result, teachers have continued to deliver regular balance bike sessions for children in nursery and reception classes. Throughout the day teachers take small groups (of around 5 children at a time) and deliver 15-minute sessions, working on practicing a variety of skills in each session such as balancing, gliding and weaving. The bikes are also used all year round by the children during play time.



***“Taking part in the sessions frequently has helped the children develop their balance, coordination, observation and listening skills. Sessions have also increased the children’s confidence in their physical skills and in riding a balance bike.”***

*Teacher*

***“I liked the balance bikes because we had to stop and go.”***

*Child*

***“I loved wearing the helmet and having a go on the bikes, it was so much fun.”***

*Child*

