

# BALANCEABILITY

RB Gym and Sport are proud to announce that our Sport Educators are now Accredited Balance-Ability Instructors.

## What is Balance-ability?

Balance-ability is the UK's first accredited 'learn to cycle' programme for children aged 2½ to 6 years old. The programme is a structured course, currently active in 400 sites across the UK with 94% of children aged 4 to 6 years old being able to safely ride a pedal bike at the end of the programme.

Balance-ability combines unique ergonomic balance bikes with a schedule of fun activities that build confidence, spatial awareness and dynamic balance skills enabling young children to cycle without ever needing stabilisers.

A balance bike is a lightweight, pedal-less child's bike which facilitates balance and propulsion. Children run along whilst seated, push off the ground to create forward movement and use a combination of their feet- and a hand-operated brake to slow down and stop safely.

## How is it delivered?

Balance-ability is delivered by RB Gym and Sport Educators through structured lessons that incorporate fun activities to help children develop gross motor skills, spatial awareness and bilateral co-ordination. Children are able to transition to riding a pedal bike in a safe, rewarding manner and are set on the way to enhancing their physical literacy.

The 12 week Balance-ability course is made up of 12 sessions: six 40 minute sessions for **Level 1** and six 40 minute sessions for **Level 2**.

Within **Level 1**, fundamental movement patterns, gross motor skills and dynamic balance are incorporated along with an introduction to the balance bike. Children learn how to pick up, manoeuvre, mount and dismount their bikes and how to ride a balance bike safely. Level 1 aims to build confidence in the ability to glide on a balance bike and how to stop in a controlled manner.

**Level 2** continues the development of gross motor skills, dynamic balance and co-ordination and progresses to advanced balance-ability. The main goal is to improve the child's gliding, stopping, braking and turning skills, enabling them to ride solo on a pedal bike safely and with confidence by the end of the program.

RB Gym and Sport Educators ensure that Balance-ability is a progressive 'outcome based' learning programme where children are assessed at regular points throughout the course in order to monitor and measure progress.

**"Balance-ability is the fundamental starting point for children's cycling and an excellent opportunity to promote active lifestyles at the earliest possible age. I can see it also provides a natural lead into Bike-ability for Schools and I would encourage all schools to give children the opportunity to use balance bikes."**

**Chris Boardman MBE – Gold Medal Winning Cyclist**

