

Holiday Cycling Lessons

Learning to ride with Bike

It John



What and why?

Bike It Officer John joined the team in summer 2022 and has been working in partnership with My Journey Hampshire to run Learn to Ride and Cycle skills sessions during the holidays. These sessions help children learn to ride on a balance bike and then advance to pedalling independently when they are ready. This helps them learn new skills and increase their cycle confidence.

The sessions are always in demand and usually book up in advance. The sessions have proved to be particularly successful supporting children progress from stabilisers which are challenging to move on from. By going to a balance bike, students learn to difficult skill of balancing before adding pedalling back in.



Learning & Results?

The Learn to Ride sessions are by far the most popular and we have many children coming to us who have only ever used stabilisers on their bike.

The sessions give them an opportunity to use a balance bike and learn to glide along while keeping the bike balanced underneath them. Once they have mastered this, they are ready to move on to pedalling independently and with a little perseverance and hard work the majority of children very quickly become confident at pedalling on their own.

The Cycle Skills sessions are designed for those who are already pedalling confidently. Children can then learn new skills that will help them to become confident cyclists and helps prepare them for Bikeability at school, which they usually do in year 5 or 6.

They are taught how to be observant on a bike by looking behind and around them, to cycle while signalling and how to navigate obstacles. The sessions always finish with a fun skills course to put it all into practice.



Over 160 children have taken part in the sessions



Around 70% of children learnt to pedal independently



16 sessions have been run during Easter & Summer holidays since 2022.

"Zoe is going from strength to strength after your Easter course, we honestly couldn't have done it without you!"

Parent – School in Eastleigh

"Libby-Mae was thrilled with how quickly John helped her pedal all on her own"

Parent – School in Eastleigh

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