



We are very excited to be delivering Balance, Glide and Ride Sessions for free, with funding from the Hampshire Active Travel Grant, in your child's school on the following dates - **15<sup>th</sup> to 19<sup>th</sup> June 2026**

To give you some more information, these sessions will involve the children learning to ride bikes without the use of stabilisers. They will either be learning to ride from a balance bike moving to a pedal bike, or if they can already pedal freely, then we will work on improving their riding skills, even adding in some Level 1 Bikeability skills, which will all take place on the playground.

The sessions will be approx. **30-40 minutes** per day, every day, for the week.

Things to consider:-

- **PE kit** – please come to school in your PE kit all week.
- **Coats and Gloves** - we will continue in rain if it is not too heavy, and when it is cold, so please provide **coats**, and **gloves** are important as little hands get cold on the handlebars. Cycling type gloves in the warmer months are also a good idea to protect hands.
- **Shoes** - your child should wear their PE plimsolls or a pair of trainers. Wellington boots, slip on shoes or sandals are not suitable.
- **Helmets** - we will provide helmets but if your child would prefer to wear their own, then please feel free to bring to school (with their name in).
- **Bikes** - we shall provide a selection of balance and pedal bikes.
- **Hair** - if tying hair up, please do low pigtail/pony tails and not high ones on tops of heads, or use hair bands or large bows, otherwise helmets do not fit.
- **Earrings** - please tape earrings, as in PE, as the helmet straps fit close to the ears.

We look forward to meeting your child soon

The Team

*Supported by Rushmoor Borough Council*

*(Check us out on the social media below to get an idea of what we do)*

*Facebook: [balance glide and ride rushmoor](#)*

*Instagram: [@balance\\_glide\\_and\\_ride](#)*