

CYCLE SERVICES

BIKEABILITY

- Designed for years 5 & 6
- Improves cycle safety, reduces road accidents and increases physical activity
- Develop the skills and confidence for all of your pupils

PEDESTRIAN SKILLS

- Two part course, designed for children in lower key stage 2
- Fully funded basic pedestrian skills training course
- Incorporates the six rules of the Green Cross Code

CYCLE ENRICHMENT

Pre-Pedal (EYFS to Year 2)

- Utilise specialist balance bikes that don't have pedals
- Concentrate on the core skills of balance and gross motor control

Learn to Ride (Years 3 to 6)

- Coaches preliminary balance and coordination skills
- Focus on the physicality of riding a bike, simple maintenance, and environmental awareness

Go Scoot (Years 3 to 6)

- Scooters, helmets & equipment provided
- Encourages children to exercise to and from school



**SIGN UP TO THE
MODESHIFT
STARS SCHEME
AND GET 3 WEEKS
FREE WITH**

 **First Step**
Cycle



Modeshift STARS is a scheme designed to encourage and reward the steps that schools take to promote active journeys and sustainable travel.

First Step Cycle is passionate about helping schools meet their goals, which is why we're giving away 3 weeks of free sessions for signing up.



**SIGN UP
TODAY**

www.modeshiftstars.org

**CHOOSE FROM
THE FOLLOWING:**



**Pre-Pedal
(EYFS to Year 2)**



**Learn to Ride
(Years 3 to 6)**



**Go Scoot
(Years 3 to 6)**

For more information visit
www.firststep-cycle.co.uk



Have any questions? Please contact Lewis today
Call 01482 218 753 or email lewis@firststep-sports.co.uk



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