



# Bikeability Plus

## WHAT IS BIKEABILITY PLUS?

A series of 10, free-standing modules designed to ensure that children and families are given the opportunities, skills, support and guidance that they need to make cycling part of their everyday life. They complement Bikeability training (Levels 1, 2 and 3) and include activities such as led rides, bike maintenance sessions and balance bike training for younger children.

## WHY IS BIKEABILITY PLUS IMPORTANT?

It can address some of the 'barriers' to getting children cycling. For instance, the modules will help to get non-riders

riding, parents involved and supportive, those without access to a working bike included, and provide knowledge about local cycling routes/other opportunities to encourage more cycling.

## IS THERE FUNDING AVAILABLE FOR BIKEABILITY PLUS?

There is some government funding available, via local authorities and School Sport Partnerships. Other possible sources of funding include PE Sport, Pupil Premium and public health funding.

## HOW DO I FIND OUT MORE?

Visit our website: [www.bikeability.org.uk/bikeability-plus/](http://www.bikeability.org.uk/bikeability-plus/)

There are currently 10 individual Bikeability Plus modules which are:

**Balance, Bus, Fix, Learn to Ride, On Show, Parents, Promotion, Recycled, Ride and Transition.**

Find out more

[www.bikeability.org.uk/bikeability-plus/](http://www.bikeability.org.uk/bikeability-plus/)



Department for Transport

