

Short descriptions of Bikeability Plus modules

	Bikeability Plus modules	Typical delivery	Outcomes	Staff training*	Parental involvement?	Resource requirements
	<p>Bikeability Balance Develops those crucial early cycle handling and awareness skills in 4-7 year olds using games on balance bikes, trikes or adapted cycles.</p>	<p>Several short sessions (often 4 x 45 minutes up to a week apart). Usually within school during the day. Away from motorised traffic in an enclosed site. Can be delivered in doors.</p>	<p>Drives up confidence and inspires progression to pedal cycling. Preparation for Bikeability Level 1 training.</p>	<p>Good</p>	<p>Limited</p>	<p>Qualified instructor/s Enclosed site away from motorised traffic Balance bikes and/or other cycles Certificates and stickers</p>
	<p>Bikeability Bus A supervised group ride to and from school for children, parents and school staff.</p>	<p>Before/after school on roads. Typically a 20-30 minute ride. Can be a one-off, but ideally regular part of school travel plans.</p>	<p>Inspires regular cycling through frequent, supervised social rides to and from school.</p>	<p>Good</p>	<p>Good</p>	<p>Qualified instructors All participants need road-legal cycles fitted correctly</p>
	<p>Bikeability Fix Learn basic bike maintenance including puncture repair.</p>	<p>One two-hour session, usually in school during the day. Away from motorised traffic in an enclosed site.</p>	<p>Children learn how to keep their cycles up and running safely long term, so they can always ride.</p>	<p>Good</p>	<p>Good</p>	<p>Leader needs basic cycle maintenance qualification Enclosed site away from motorised traffic Some specialist tools and basic spare parts Certificates</p>
	<p>Bikeability Learn to Ride For riders who can balance, this module is designed for anyone who has yet to master pedalling. Suitable for any age.</p>	<p>Various times, mostly away from motorised traffic in an enclosed site.</p>	<p>Progression from Bikeability Balance and preparation for Bikeability Level 1. Can involve non-</p>	<p>Good</p>	<p>Excellent</p>	<p>Qualified instructor/s Enclosed site away from motorised traffic</p>

			riding parents and school staff.			Road-legal cycles fitted correctly Certificates
	Bikeability On Show Allows parents and teachers to see us in action: both the skills children learn and the way we work with them.	15-45 minutes in school during the day. Typically delivered on local roads near school.	Parents and teachers understand Bikeability better and are enabled to support children's cycling.	Not needed	Excellent	Qualified instructor/s Risk assessed junctions on local roads
	Bikeability Parents Compressed core Bikeability 'taster' to boost knowledge, confidence and skills for parents and teachers who ride.	1 x 2-3 hours during or outside school hours. Typically delivered on local roads near school.	Parents understand Bikeability better, and are inspired to ride more including as a family.	Good	Excellent	Qualified instructors Road-legal cycles fitted correctly
	Bikeability Promotion 'Have a go' sessions for anyone in your community with an emphasis on fun, not teaching.	An informal session at a local event (or host your own!). Away from motorised traffic in an enclosed site.	Novice riders are encouraged to try cycling, discover new cycles and ride more.	Not needed	Excellent	Qualified instructors Enclosed site away from motorised traffic A range of cycles to try
	Bikeability Recycled Unused, old or damaged cycles are repaired with the aim to get them running again, so they can be passed on to people who can't afford to buy.	Allow about half a day depending on numbers. Various times and places eg a school or community centre. Ideally a few weeks before Bikeability commences.	Generates goodwill and free bikes for those who need them, often as a way to help children who will soon do Bikeability training.	Good	Excellent	Leader needs basic cycle maintenance qualification Enclosed site away from motorised traffic Cycles suitable for recycling Some specialist tools and basic spare parts
	Bikeability Ride A series of short pre-planned led rides on low-traffic and/or car-free routes.	Various times and lengths on nearby routes, dictated by group ability. Allow a break time halfway through.	Builds confidence in novice riders, embeds learning from Bikeability training, inspires exploration of neighbourhood by cycle.	Good	Good	Qualified instructors Road-legal cycles fitted correctly

						Risk assessed routes on local roads
	<p>Bikeability Transition Children plan and then ride the best routes to their new secondary school.</p>	<p>Best focused around one secondary school. One hour for planning with trainees, plus ride and debrief time. Often in school hours. Done later in Y6 or early in Y7. Typically delivered on local roads between primary and secondary schools.</p>	<p>Children riding to secondary school regularly. Riders and parents more confident about independent cycling to school.</p>	<p>Good</p>	<p>Limited</p>	<p>Qualified instructors Road-legal cycles fitted correctly Risk assessed routes on local roads</p>