



Please see below details of a free cycling opportunity available to your school. The programme is specifically designed for Early Years and Year 1 children; it is completely free and aims to support and upskill pupils, helping them become keen and confident cyclists.

### **Get Cycling project for EYFS and Year 1 children**

Get Cycling in Schools is a free government programme created by The Bikeability Trust, the experts responsible for the Department for Transport's Bikeability cycle training. This new, innovative programme **equips primary-school teaching staff** across England to deliver Balance, Learn to Ride and Ride skills to their EYFS and Year 1 pupils, in PE lessons or during extracurricular provision.

Staff training is **free**, takes just **half a day**, and is available for **up to two staff per school**. Your school will also **receive a fleet of six balance bikes and helmets** to enable all pupils, regardless of whether they own a bike, to take part.

The training combines a practical half-day session with online e-learning, providing staff with the knowledge and confidence to teach pupils how to balance, glide, and pedal. All participating staff also receive a set of resources to support their delivery. The programme is designed to empower all staff—regardless of experience or ability—to effectively teach essential cycling skills.

If you're interested in taking part in the programme, please complete the online form on the [Get Cycling in Schools website](#). We're aiming to run training sessions in your area, once we have enough interested schools.

### **Key Benefits for your School**

**Free Training:** Staff will receive half a day of practical training at no cost, plus one hour of online e-learning.

**Free Equipment:** Schools will receive six balance bikes and helmets to support their cycling curriculum, completely free of charge.

**Skill Development:** The programme helps develop children's cycling skills, preparing them for Bikeability Levels 1 and 2.

**Fundamental Movement Skills:** Supports the development of children's fundamental movement skills, enhancing overall physical literacy.

**Cultivating a Love for Cycling:** Encourages a lifelong passion for cycling among young learners.

### **What's involved - school commitments:**

- Release one or two members of staff (teachers/TAs) to attend half a day of practical training. Each staff member will also need to commit to around an hour of online e-learning. **Training is free of charge.**



- Provide cycle training in a traffic-free setting for pupils throughout the school year. **Participating schools must commit to incorporate 'Get Cycling' into their curriculum.**
- Register participating staff on The Bikeability Trust's database and **commit to logging delivery data.**
- Maintain and keep a set of 6 balance bikes and helmets. These are provided free of charge. **The Bikeability Trust reserves the right to reclaim cycles that are not being used.**

If you are interested in taking part, register your interest on the [Get Cycling website](#).

Any questions or queries on the above, please email Amy Norton  
[getcycling@bikeabilitytrust.org](mailto:getcycling@bikeabilitytrust.org)

Thank you for your support in promoting cycling and physical activity in our schools!

Kind regards,  
The Get Cycling in Schools team