



Learn to ride with HSBC UK Ready Set Ride

Fun and flexible cycling activities for
the classroom, playground and home.



Ready Set Ride Course
Friday 24th May 2019 - 9.30am - 12.30pm
St John's RC Primary School, Chepstow Road, Manchester, Lancashire, M21 9SN



Learning to ride a bike is a key skill for any child – plus it's a great way to keep active. Cycling rates in school-age children are dropping though and 43% of teachers say they don't have the skills or confidence to support children learning to ride.

With the support of HSBC UK, British Cycling and the Youth Sport Trust have created **a simple learn to ride programme** that is perfect for schools and can easily be delivered by teachers and support staff. It's also designed to be taken home to get families playing together and cycling together.

HSBC UK Ready Set Ride features over 20 fun games and activities that can be played in short bursts in almost any space – plus you don't even need a bike to get started! There are three stages, with rewards for everyone taking part.

Explore our schools package at readysetrider.co.uk/schools

1 Prepare 2 Ride

Fun games to help children get ready to ride. No bikes required – plus the movements will help with everything from holding a pencil to tying shoe laces.

2 Skills 2 Ride - Balance

Using balance bikes, your class will learn important cycling skills and develop confidence and coordination.

3 Skills 2 Ride - Pedals

These activities are all about using the whole body to stop, start, twist and turn on any pedal bike. They set children up to ride safely and independently for the rest of their lives.

readysetrider.co.uk