**Learning someone to ride a bike.**

The Play on Pedals (PoP) resources are aimed at nursery P1 pupils but can be used for any person wanting to learn to ride a bike. All you need to do is get a bike the correct size for them and take the pedals off until they are ready to pedal.

Please work through the attached worksheets – some will need practice others can be worked through quite quickly depending on the stage the pupil is at.

NOTE: Learn the parts of the bike, helmet fitting and how to use the brakes before allowing the pupil to sit on and move the bike.

For a bike to be the correct size the pupil must sit on the saddle and both feet should be touching the floor. Once they are riding confidently you can put the seat up so that only their tip toes are on the floor.

A good video on child bike safety can be found here:

<http://Roadsafety.scot/learning-zone/early-years/cycling-safeyl/cycling-safety-2/>