**Bikeability Level 1**

Bikeability Level 1 is for younger pupils to learn how to ride safely, but these sessions are done in a playground and not on the road. It is for the pupil to learn the basics of riding a bike safely.

Resources needed are:

* Parent leaflet
* Level 1 Cyclists Guide
* M check sheet
* Helmet fitting guide

Start by going over bike parts to familiarise you and the pupil with the parts of the bike.

Then move on to making sure the helmet is fitted correctly.

Do and “m” check and make sure the pupil sits on the seat and both feet touch the ground (either flat if they are not a confident cyclist or they can be on tiptoes for a more confident pupil).

Then start to work through the Level 1 booklet. When we run a session we follow the EDICT acronym:

Explain – explain what you want them to do

Demonstrate – you demonstrate on the bike what to do

Imitate – allow the pupil to imitate you

Coach – give positive feedback on how they did

Try again – let them try again and again till they are good at it.

If they are not getting it, move on to the next bit and try that before coming back to the tricky one.

Try and keep it fun with no raised voices or frustration.