

## Teaching children to pedal

**Equipment that requires children to pedal such as tricycles, bicycles and pedal go-karts has great developmental benefits for their gross motor skills, stability, visual perception, coordination, and general health and well-being.**

They help children to build strength in their legs and stability in their torso.

Wheeled toys are a popular choice at nursery. The following tips will help ensure they are used in the best way to support children to first pedal three-wheeled equipment, followed by two-wheeled equipment.



- Have a range of equipment available for all the children including trikes, bicycles with and without stabilisers, and pedal go-karts
- Give children plenty of time and space to access the equipment
- Ensure children have access to flat 'spaces' to practice their skills. If you struggle with this in your setting, try to allow time out of the setting to practice, for example, at local parks and away from traffic
- Provide lots of activities and opportunities for children to build their strength in their legs and core through physical exercise. This could include tummy time (for all ages), running, jumping, hopping, climbing, crawling and rolling. Also provide activities such as gardening, football, rugby, and bat and ball
- Provide positive role models by showing children how to pedal, let the younger children see the older children too
- Have balance bikes for children to use first, these can be used from a young age and help to build not only balance but confidence. Then help them progress on to two-wheeled bikes with and then without stabilisers
- Encourage children to move their knees straight up and down as they pedal, stay close and offer support. You may need to hold the back of the bike, to begin with, or help to start them off. Make sure they are familiar with the brakes and know they can slow down by putting their feet down on the ground
- Share children's achievements from the setting with home and vice versa.

**Ensure you risk assess the activity and that children have all necessary safety equipment.**