

Special Educational Needs (SEN)

The skills required for cycling have been analysed and broken down into 'core' elements that are practiced in Balanceability activities on and off the bicycle.

Every warm-up and balance related activity has been specifically chosen to allow the child to experience the movement in a number of ways.

Each child that we teach is different and it's important that our instructors listen to parents and carers at the start and watch closely as the session's progress. If there is a known medical condition we like to know before training so that we can tailor activities to the individual and the group and if necessary differentiate to optimise learning.

Children with delays in motor development may lack early experience and opportunity to develop these skills. They may have visible physical difficulties or be diagnosed with a condition such as dyspraxia or down syndrome but in most cases these children would all still be educated in mainstream school.

Our aim for Balanceability is that it is an inclusive programme that will enable every child where possible to participate at their developmental level. Working with Patricia Maude MBE, author of 'Physical Children, Active Teaching we will continue to make adaptations to the programme to ensure that Balanceability is able to help every child improve their balance towards the goal of independent cycling.

Dani Edser, who has mild Cerebral Palsy, recently attended a Balanceability session. Her mum, Leigh Edser said "this programme really compliments her physiotherapy with the added benefit of using a balance bike which is so light. Dani currently uses a trike but finds the pedalling hard work and not much fun, so, being more like her peers was a huge boost. In just 1 session Dani made significant progress in gliding and steering."



"We were all completely overwhelmed by the interest and number of requests, by parents, for Balanceability courses in response to the message posted on our Facebook page. I think we had over 300 at the last count..."

Pauline Graham
Health & Activity Coordinator
Autism Initiatives NI



For more information:
Call: 0845 303 8385
Email: info@balanceability.com

Observations

Differentiation is about meeting everyone's needs and not about segregating a disability. The only consideration is that Balanceability provides plenty of opportunity for children to practice skills in a number of ways to help move towards the outcomes.

It should be stressed that any participating child with a known medical condition must advise the course Instructor/teacher before beginning the programme.

Some children and adults develop balance skills later in life and we have pioneered using larger balance bikes and adapted bikes to fit most trainees.

People say the nicest things...

...“Parents that had almost given up on their child cycling were totally amazed at the progress. The children that were not able to cycle had still developed immensely in their balance and control.”...

...“The activity booklet was made into a story board so that children were able to see in pictures what was expected of them”...



Irish Olympic Triathlete Aileen Reid (Left) with Health & Activity Coordinator Pauline Graham, Freewheeler Sean, and Cycle Coach Greg Massey

Balanceability

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