

# Coopers Edge Primary School

**Primary School:** Coopers Edge, Typhoon Way, Brockworth, Gloucester, GL3 4DY.

**Head Teacher:** Mrs Keely Folker

**Physical Education Subject Leader:** Kay Pearce  
**Balanceability Instructor:** Ian Davis

12-week Balanceability course (Level 1 & Level 2), was run during the Terms 3 & 4 of the School year (May to July) for 38 of the Reception Year children.

Each child was assessed on the following aspects of physical literacy:

- 1. Static Balance:** able to stand with control and minimal postural sway
- 2. Dynamic Balance:** measured by walking on the river stones and seeing how many times the child put either foot on the ground when they should have been on the river stone obstacle.
- 3. Listening to Instructor:** attentiveness to instruction and able to implement



## Parent Feedback

- Children feedback to parents was how much they loved the sessions and talked about them excitedly at home
- Several parents had stated that prior to Balanceability their children had not successfully made the transition away from stabilisers and were delighted at the speed of their progression during the Balanceability course.
- Several parents stated their children had also started using other park apparatus despite previously not having the confidence to do so.
- Several parents were surprised and interested to learn of the connection between 'balance activities' and links to cycling in order to develop confidence to cycle.
- Several children are only able to access and ride School bikes (bike at home is either un-rideable or do not own a bike)
- Sadly, several children are unable to continue riding at home despite the progress made throughout the Balanceability course.

For more information:

Call: 0845 303 8385

Email: [info@balanceability.com](mailto:info@balanceability.com)

# Course Feedback

## Instructor/Teacher Feedback

- 3 attendees could ride a pedal bike without stabilisers prior to course start.
- Significant progress from respective start points by whole group.
- Lack of control due to low skills and/or 'over-confidence' could be potential cause of accidents in the group. Handling/speed control activities to be worked on.
- At Week 5: 2 children were ready to progress to the pedal bike – without stabilisers
- 15 mins at the end of each session dedicated to pedal-bike 'transition'
- 'Slow Balance' skill development required (Instructor developed a new game of static balance on the balance bike; "how long could you keep your legs up in the air"?)
- At Week 12: 35 out of the 38 had progressed to riding pedal bike without stabilisers.
  - Remaining 2 lacked confidence to fully commit to pedal bike without stabilisers.
  - Final attendee had more significant 'developmental' issues.
- Return to School (Sept): 3 children had regressed during summer break but within 2 'refresher' Balanceability sessions were cycling (again).

## People say the nicest things...

...“ A great course that gives the children a brilliant opportunity to develop new skills and the chance to ride balance bikes for the first time”

Yes, I would highly recommend this course to parents, as it has been very enjoyable and informative on how to give children the best start on bikes”...



**Balanceability**

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