





Useful Links:

-  Paediatric Occupational Therapy Service:
www.ekhuft.nhs.uk/patients-and-visitors/services/a-z-of-services/child-health/paediatric-ot
-  Spokes Map of cycle routes - Ashford, Folkestone, Dover, & Deal: <http://www.spokeseastkent.org.uk/maps/>
-  Dyspraxia foundation - Hints and tips for bike riding:
<http://www.dyspraxiafoundation.org.uk/dyspraxia-children/bike-riding-tips/>
-  Canchild bike riding advice sheet:
http://canchild.ca/elearning/dcd_pt_workshop/assets/evidence-based-practice/cycling-handouts.pdf



Remember learning to ride a bike is hard work but worth it!

Bike Group

Skill Progression Advice

Stage 4





Information adapted from Dr Carolyn Dunford, Head of Research and AHP's, The Children's Trust, Tadworth with permission.

Peddalling independently:




Skill: Able to cycle in a straight line without stabilisers / support.

Tip:

-  Encourage child to look in front of wheel and up.
-  Focusing vision will help with balance and steering.



Skill: Able to push off using pedal and place second foot up without help to balance.

Tip:

-  Encourage keeping the handlebars straight.
-  The right amount of momentum will be needed to give time to lift the second foot onto the pedal.
-  It is a matter of trial and error and lots of practice!

Skill: Able to cycle around a corner without stabilisers or support.

Tip:

-  Start with large gentle corners where visibility is good.
-  Keep encouraging looking ahead and up.




Skill: Able to cycle between visual markers e.g. two poles, or flat lines on the floor.

Tip: This will help to develop looking and steering skills and being able to cycle around and avoid obstacles later on.

Skill: Able to cycle in/out cones without stabilisers or support.

Tip: This will help to develop looking and steering and increased control of the bike.

Final Steps to Achieve:

-  Able to cycle with awareness of others, avoiding obstacles or stopping suddenly if necessary.
-  Able to cope with bumpy surfaces when cycling.
-  Able to dismount and let go of bike storing it safely.

