# **CHILDREN'S COURSE:**

# Learn to Ride a Bike

## THIS COURSE IS SUITABLE FOR:

Children with motor co-ordination difficulties (DCD/dyspraxia) aged 7-14 years who have struggled to learn to ride a two-wheeled bike.

The course includes up to 12 children, so it is only suitable for children who do not have behavioural or emotional difficulties that would impact on their ability to work in a group setting and with different volunteers helping them learn to ride during the course.

#### WHAT DOES IT INVOLVE?

See this link to the 'Learn to Ride a Bike' video that we made a few years ago that shows our approach.

#### COST?

The course is free of charge to participants.

#### WHO RUNS THE COURSE?

Mainly experienced volunteers, with leadership from the Fire Service (who are responsible for road safety in Oxfordshire), in collaboration with Oxford Health NHS Foundation Trust, Oxford Brookes University, and the Oxford Dyspraxia Foundation group.

#### **IMPORTANT INFORMATION**

Children on the course must bring their own bike and helmet and be accompanied by an adult at all times.

### FOR FURTHER INFORMATION AND BOOKING

Email: learntrabike@gmail.com



There are usually two courses per year: one in February half-term and one in the Summer holiday.

Each course runs for 1 - 2 hours every morning for five consecutive days.

BMW Visitor Centre, Cowley, Oxford, OX4 6NL (Free parking in BMW car park)







