



# Balanceability

Balanceability is important to us at Eastfield primary as it gives an opportunity for younger students to be involved in cycling. It is the first Association for Physical Education approved learn to cycle plan for children aged 2 + and up.

It is used as a precursor to Bikeability.

## Why is Balanceability important?



- Improves core strength, coordination and gross motor skills
- Teaches learners to ride without stabilisers
  - Cycling without stabilisers is an achievement that builds confidence and independence.
- Introduces cycling to younger children
  - Cycling is a good introduction into developing a healthy active lifestyle.
- Encourages physical activity and active travel with family
  - Cycling promotes family bonding and socialising skills.
- Increases fitness levels
  - Cycling builds stamina, by strengthening the heart and improves balance.

Further information can be found here: <https://www.balanceability.com/>

