

Our Top Tips!... **Bike Riding**

Bike riding is great fun and will help you keep fit. It can feel quite frightening taking your stabilisers off, but when you do, here are some things to try out...

Find the right spot

When learning to ride your bike, try to find a large, open space. Avoid riding on grass or other uneven surfaces. A gentle slope can help you to build momentum, so don't feel you need to be somewhere totally flat.

Get to know your bike

Go through the important parts of a bike with an adult. Find the handlebars, brakes and pedals - these are the things you control. Make sure you know what they are for and how to use them.

Pedals off

When learning how to ride your bike, take your pedals off the bike and practice scooting it along with your feet. Balance for as long as you can with your feet off the floor.

Have a hand

You might need help from an adult at first to help you feel secure on your bike. Ask them to grip your clothing at the back. Don't let them hold your bike, as you need to feel the bike for yourself.

Need for speed

The faster you go, the easier it is to keep your balance, so don't be afraid to pick up your speed, even when you just beginning. As long as you know how to use your breaks, you can control your bike.

Get back on your bike

It's normal to fall off your bike when you are learning how to ride it. Don't let this put you off altogether. Get back on your bike and keep on trying!

Be safe

Whenever you are on your bike, always wear a helmet!

