

# S6 Sport and Recreation Pupil Training

Bathgate Academy, West Lothian



Training to provide S6 Sport and Recreation pupils with coaching skills to train primary pupils how to ride a bike.

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# S6 Sport and Recreation Pupil Training

Bathgate Academy,  
West Lothian



## Overview

The aim of the activity was to train a group of S6 pupils who are currently studying towards their 'sport and recreation' qualification. The training provided would give the group of pupils the skills, knowledge and experience to help out at the afterschool 'perfect pedal' clubs across Bathgate and Armadale. Perfect Pedal Clubs are a 4 week afterschool club programme which aims to teach young pupils (P2-4) how to ride a bike for the first time.

## How

The group were taught how to give a bike a basic safety check and how to correctly fit a bike and helmet ready for a young person to learn to ride a bike for the first time. They were taught the basics of how to teach someone how to ride a bike (removing pedals to create a balance bike, use of a slope, pedal ready position etc) along with some fun and energetic playground games which could be used to improve pupils bike handling skills once they had grasped the basics. The training provided would precede a cycle trainer assistant qualification.

## Benefits to pupils

Helped to develop coaching skills, specifically targeting engagement with younger pupils. During the two sessions, the S6 pupils were encouraged to work collaboratively leading activities and games to promote learning whilst the remainder of the group role-played novice and new riders, this provided an opportunity to enhance coaching techniques, consider appropriate use of language (positive tone, age appropriate words/descriptions) and also consider safe working practices, (bending, lifting, supporting riders etc).

## Links & Benefits



Developed leadership and coaching skills



Provided opportunity for pupils to work with local primary schools



Supported pupils to achieve their sport and recreation qualification



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