

# Play on Pedals



### Cambusbarron Playgroup

Cambusbarron Playgroup (the Playgroup) is a community playgroup which runs 5 mornings per week during term times. The playgroup has 3 permanent members of staff, 2 qualified staff members who are registered with the SSSC, and an administration assistant. The group is registered with and inspected by the Care Inspectorate. The playgroup operates in partnership with Stirling Council to provide children with 600 funded hours of early learning and childcare in line with the Young People and Children (Scotland) Act 2014. The group is registered to take a maximum of 16 children per session and the total number of children attending is 21 (10 part time, 11 full time as at April 2018). The group has been in existence for over 50 years, is managed by a parent led committee and is funded through fees and fund raising activities. Parents in Cambusbarron Playgroup recognise the value of a community based and led service and remain very motivated and the group operates successfully providing a much needed early years service in the village as well as social and peer support network for parents while fundraising activities provide social events for the village community. It is widely recognised that the group contributes to the social capital within the village, Cambusbarron Playgroup is more than the sum of its component parts - it fosters community service, builds relationships and creates a sense of belonging and community spirit. The enthusiasm of staff and parents is key to this service determining shared goals and vision to continue provision of this vital service.

### Play on Pedals

Play on Pedals began as a legacy project from the 2014 Glasgow Commonwealth Games and offered every pre-school child in Glasgow the opportunity to learn to ride a bike before starting school. It promoted cycling as a means of independence, an opportunity to develop new skills and a low cost way to maintain a healthy lifestyle. It advocated the physical and mental health benefits achieved by engaging children and young families in cycling. The project was shown to provide physical health benefits such as improved motor skills, balance and coordination. Personal benefits included improved family relationships, increased sense of achievement and increased language and communication skills. The success of the initial scheme was recognised when additional funding was received to allow the scheme to be rolled out to all local authorities in Scotland.

Stirling Council has made Play on Pedals training available to all local authority and partner early years providers. Staff are trained to become Play on Pedals instructors and to have knowledge of basic bike maintenance. This enables them to teach pre-school children about the parts of a bicycle, how to fit a helmet correctly and the basics of looking after their bikes. Through a series of fun and imaginative activities, children are helped to develop their balance and control skills, often using a pedal-less balance bike. Play on Pedals is not just a fun activity, it also has strong links to the Curriculum for Excellence.

### Project Rationale

Cambusbarron staff are all scheduled to attend Play on Pedals training (one staff member has already completed the course). Stirling Council have a supply of balance and pedal bikes which will be available on loan of a few weeks duration to enable their early years settings to deliver a set of Play on Pedals classes. Partner providers such as Cambusbarron Playgroup however will have more limited, if any, access depending on the uptake from local authority settings. Cambusbarron Playgroup see Play on Pedals as being a key part of their Fit in the Future project which aims to improve health and wellbeing across all ages, give children skills for life and foster social capacity in their community. As such they wish to be able to deliver Play on Pedals sessions throughout the year and as often as the children wish. In addition playgroup wishes to build on the classes and to enhance learning opportunities by creating a bike workshop where children can learn the mechanics of a bike and also to develop an area of the garden where children can ride their bikes safely.

Playgroup recognises that the cost of cycling equipment can make cycling prohibitive for some families. Many also lack space to store bikes at home. The lack of safe cycling opportunities also restrict opportunities for families to take it up as an activity, particularly with current low numbers of parents and grandparents who cycle.

The aim of the Cambusbarron Playgroup Play on Pedals project is to build on the success of the original scheme and to increase and improve awareness of cycling and its benefits within the local community. The Playgroup would like to purchase their own set of bikes and associated equipment including storage which would allow them not only to run regular PoP sessions but also to loan our bikes to families as and when necessary. The Playgroup also wish to develop some of their

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outdoor space as a children's cycle track with (temporary) road markings and signage, not only allowing children to practice their cycling skills but also to become aware of roads and road signs.

### Project Outline

Funding will be sought to purchase bikes and related equipment to enable the Playgroup to run regular Play on Pedals sessions. Funding will also be sought for supply staff to facilitate staff training and regular Play on Pedals sessions. Play on Pedals is part of Playgroup's wider Fit in the Future project and, as such, runs concurrently with their Woodland Play Project. Both Play on Pedals and Woodland Play are outdoor projects involving use of Playgroup's outdoor space. Woodland Play celebrates free, child led and nature based activities which contrast (and consequently provide very different learning opportunities) with the more adult directed activities of Play on Pedals. To support both projects Playgroup will create specific areas within the outdoor space, with those suitable for messy play and others dedicated to more structured activities such as riding bikes. This also fits in with the overall centre management plan to retain an area of the outdoor space to be tidy and attractive for other users. Playgroup's Fit in the Future project promotes healthy lifestyles for adults as well as children and the Play on Pedals scheme will encourage adults to join their children in cycling. Playgroup intends to develop fun family cycle sessions where there could be opportunities to learn basic bike maintenance or to have bikes security marked etc. With access to its own supply of bikes Playgroup will also be able to lend out bikes for weekends or holidays to local families wishing to practice their cycling skills. Playgroup recognises the significance of adult behaviour on children and wish to promote healthy lifestyles to parents and staff. Playgroup aims to achieve this by joining the CycleFriendly scheme to encourage staff to cycle to work and supporting plans to have Cambusbarron recognised as a Cycle Friendly Community.

### Wider Impact

Learning to ride a bike is a significant milestone in life. Children gain confidence, self-esteem, resilience and language skills all while having a lot of fun. Children have become more active, have improved balance, coordination, strength and gross motor skills. The project also reaches more widely with staff developing their own confidence in cycling and in working in the outdoors. Play on Pedals sessions have seen a desire for families to participate in cycling activities with high numbers attending events and parents keen to become involved. The knock on effect of increasing numbers of adults gaining cycling skills and confidence as well as the focus on local community is understood to build relationships and social capital within the local community.

### Budget

Funding estimates are as follows :

|                              |      |
|------------------------------|------|
| Play on Pedals staffing      | 1000 |
| Balance bikes (x4)           | 320  |
| Starter bikes (x4)           | 320  |
| Helmets (x10)                | 300  |
| Knee pads (x10)              | 150  |
| Water bottles & carrier (x2) | 40   |
| Buff (x10)                   | 150  |
| Bike locks (x8)              | 200  |
| Bicycle pumps (x2)           | 60   |

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|                                                       |      |
|-------------------------------------------------------|------|
| Bike tools                                            | 50   |
| Bike Shed                                             | 650  |
| Mechanic workshop                                     | 1500 |
| Road signs                                            | 400  |
| Garden landscaping (sleepers,<br>retainers, planting) | 1000 |
| Total                                                 | 6140 |