



Silver 2025-26 Connecting Schools Grant Case Study

Balance bike incursion builds confidence for young riders – Winterfold Primary School

What they did

- Delivered a balance bike incursion for younger students.
- Provided a safe, supportive setting for students to practise early riding skills.
- Used play-based activities to introduce balance, steering, coordination and control.

What was achieved

- Students built confidence using balance bikes.
- Students practised foundational riding skills before moving to pedal bikes.
- The activity created a positive and inclusive introduction to bike riding.
- The project supported the school's broader active travel culture.

Why it worked

- The incursion was age-appropriate and focused on early skill development.
- Hands-on activities helped students learn through practise and play.
- A supportive environment helped students feel comfortable trying new riding skills.

Advice for other schools

- Use balance bike activities to introduce younger students to riding.
- Keep activities practical, fun and achievable for early years students.
- Plan activities that build confidence before students transition to pedal bikes.

“Students enjoyed the opportunity to try balance bikes and practise new skills in a fun, supportive setting.” – Julia Calvert, Your Move Champion



Background

The Connecting Schools Grant supports Western Australian Your Move schools to improve active travel by funding initiatives that build skills, confidence and safer access for walking, wheeling, scooting and riding to school. Through Winterfold Primary School's Silver grant, the school delivered a balance bike incursion to introduce younger students to riding in a fun, safe and age-appropriate way.

Project description

The project focused on giving early years students practical experience using balance bikes. The incursion helped students develop foundational riding skills, including balance, coordination, control and confidence, before progressing to pedal bikes. By making bike skills accessible at an early age, the activity supported the school's broader goal of encouraging active travel and creating positive experiences with riding.

Key steps

- Planned the incursion as part of the school's Connecting Schools Grant project.
- Organised suitable balance bike activities for younger students.
- Provided students with a safe and supportive environment to practise riding skills.
- Encouraged participation through hands-on learning, play-based activities and positive reinforcement.
- Shared the story through the Your Move website to celebrate the project and inspire other schools.

Outcomes

- Students developed early riding skills, including balance, steering and coordination.
- The incursion helped build confidence for students who were new to riding.

- The activity created a positive and inclusive introduction to bike riding.
- The project supported a stronger active travel culture within the school community.

Key takeaways

- Balance bike activities are an effective way to introduce younger students to riding.
- Practical, play-based learning helps build confidence before students transition to pedal bikes.
- Grant-funded incursions can help schools provide equitable access to bike skills education.
- Celebrating and sharing project stories encourages other schools to consider similar active travel initiatives.

Acknowledgements

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Read the story about this project:

- [Bike balance incursion](#).

Students completing the bike balance session

