

STORIES OF PERSONAL ACHIEVEMENT - CASE STUDY 8 – Pupil from Bury St. Edmunds, Suffolk

Delivered by:

Outspoken Training

Suffolk



I got a new bike after my 9th birthday but I couldn't ride it because my bike had no stabilisers. I was so disappointed!

It was pink, white and shimmering. I was so nervous and excited to start my bike riding lessons so that I could bike with my friends to school and back. On my first lesson I learnt how to balance and scoot. On my second lesson I learnt 'pedal ready'. On my third lesson I put it all together and before I knew it, I was riding with no help at all. I couldn't wait to show everyone!

I was so proud of myself thanks to Outspoken and Bikelife Suffolk. I can now ride really well. It's changed my life by making going to and from school more exciting and much quicker, but I still have to wait for my mum to cross roads safely together. Riding makes me feel so happy and much more grown up. Now I don't have to pretend to ride my bike when I am playing outside with my friends on their bikes. It makes me feel more included and not left out. I'm now such an expert at riding my bike that my school named me one of only four cycling champions!

A champion always wears a helmet when they're cycling to and from school every day, except weekends. They cycle every day after school until teatime, bathtime or bedtime.

My parents are so proud, they could watch me forever. My sisters are sometimes jealous but also glad that I need no help at all anymore.

Learning to ride my bike means I've achieved one of my goals in life!

Pupil at Howard Primary School, Bury St. Edmunds



The training came about through the [Bikelife Suffolk](#) project which is being funded by Suffolk County Council's [Year of Cycling](#). Outspoken Training has delivered a range of cycling initiative in 8 primary schools in Bury St Edmunds to help [raise the number of children cycling to school](#). Part of this has been the 'learn to ride' training which has been delivered to children in small groups (max 3) in two, 45 minutes sessions. In total 50 hours of learn to ride training across the schools has been delivered to date with the aim of increasing the uptake for Bikeability Level 1 in years 3/4 as well as Bikeability Level 1 and 2 in years 5/6.

Further information:

01223 473820 team@outspokentraining.co.uk

<http://www.outspokentraining.co.uk>