



# Play Together on Pedals

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Nurseries, Families, Communities

# Play Together on Pedals



we are  
**cycling**  
The cyclists' champion **UK**

**Cycling**  
**Scotland**







## Aims of the project:

- Training early years practitioners to deliver Play on Pedals
- Enabling and supporting families to cycle together for everyday journeys
- Delivering a community activity leader training course
- Funding organisations to deliver Play Together On Pedals sessions and events in the community



# Partnerships



## Organisation Type:

- Trained groups
- Hero Organisation
- Early Years Hero Organisation
- Super Hero Organisation







# Molehills



**How to play:**

- 1 Set out a square with 'molehills' dotted at random
- 2 Demonstrate to children pushing or pedalling around the molehills
- 3 Four children at a time are to set off and weave around the molehills without touching them or bumping into other children
- 4 Children lose the race, if a child squashes a molehill, they lose a life

**Themes:**  
Control and steering

**Outcome:**  
To be able to steer around obstacles

Watch out for the moles!

Don't squish me!

**Tips for instructors:**

- 1 Think of health and safety of children using space together - how to avoid collision?

How well can you control your bike so you don't squish the molehills?



**Extend the game:**

- Add more children and/or molehills to make it harder
- At one point, the instructor can shout 'Freeze' and the children have to squeeze their brakes to stop
- Playing in pairs by 'following the leader' encourages children to look up and observe what's in front of them
- This game can be done on both balance and pedal bikes

**Links to C for E:**

MAJ 0-01a	HAB 0-21a
MAJ 0-02a	HAB 0-23a
MTH 0-17a	
SON 0-07a	
HAB 0-16a	

Learning Outcomes & a range of suitable Goals in EYFSP

## Training material:

- Developed with early years practitioners
- Supporting Curriculum for Excellence
- Rooted in play





Not **just** about  
learning to ride  
a bike!



Vocabulary building



Developing fine and gross motor skills



Incorporating STEM





## Unexpected outcomes:

- Inclusion
- Better integration of children with English as a second or other language
- Greater engagement with active travel from parents, carers and nursery staff









**“We had tried and struggled to teach our son to cycle. He attended his first Play Together on Pedals session and was cycling independently by the end! We have now attended three sessions so he can gain confidence, and I couldn’t recommend them enough. Absolutely fantastic and achieved what we could not!”**





A young child with dark skin, wearing a blue and red helmet, a dark blue long-sleeved shirt, and brown pants, is riding a silver balance bike on a light-colored wooden floor. The child is smiling and looking upwards. The background is a plain, light-colored wall.

**“Excellent activity for  
young children.  
A brilliant opportunity  
to gain a valuable life  
skill!”**



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<http://playonpedals.scot/>