



Schools Packages

☀ Facilitating Outdoor Learning

🚲 Developing Cycle Skills

🛡 Making Safer Riders



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www.skaife.cc/contact

About our Schools Coaching

We offer structured coaching sessions and cycling activities for all abilities to school groups and youth organisations across Newcastle and the North East.

We have a range of programmes available to suit your aims, facilities, and the ability of your riders.

Each session is delivered by a British Cycling Qualified coach, providing support and feedback to the riders throughout the session.

Take a look at some of the options below, or get in touch to discuss what we can do for you with a programme tailored to your school!



LEARN

Learn to Ride sessions are perfect for younger riders just starting out on pedals, looking to build up confidence and basic skills to make an all round safer rider. These sessions focus on developing the core skills of riding and how to carry out checks on the bike & equipment, aiming to create more independent and safe riders.

These sessions are well suited to flat, open areas such as M.U.G.As, playground areas, closed car parks, or short grass fields – larger sports halls can also accommodate sessions with fewer riders. We can arrange a site visit to offer advice on the area & create a risk assessment for the sessions within your school.

RIDE

Ready to Ride sessions are focused on advancing on the basic skills of riding, and progressing the riders to a higher level of confidence, control, and bike handling. These sessions are ideal for riders who are already confident on a bike and are looking to learn some more technical skills, whether it be for the road or off-road environments. We will coach the riders through demonstrations, games & activities, and video feedback to improve the group over a number of sessions.

These sessions are suited to Y5/6 and can be run on school grounds (M.U.G.A, grass, cycle tracks), or can be organised in a venue away from the school.



RACE

Ready to Race sessions are a great way of introducing the competitive aspect of cycle sport into schools. We can offer a series of sessions working on the skills needed for racing & coaching the riders towards different types of racing, finishing with competitive but fun racing between classmates. Riders will learn how to get setup for racing & the equipment needed, how to race and ride close to others, racing tactics & techniques, and promoting teamwork between classmates. Racing also includes skill competitions to challenge the riders on a course designed to test bike handling

There are several race formats that can be coached on school grounds over large flat or sloped areas, cycle tracks, or grass fields.



Why Cycling?



Cycling Helps Children:



Promote Teamwork
Improve Social Skills



Boost Confidence
Better Risk Response

Outdoor Learning Promotes:



Physical Health
Resilience & Adaptability



Mental Health
Inquisitive Thinking

Cycle coaching helps equip children with vital life skills - by taking part in active coaching & learning, they gain social skills, independence, confidence, and better awareness. By including outdoor learning on the curriculum, children experience increased wellbeing and an increased attention span, allowing children to get more out of the classroom. By teaching cycle skills we aim to improve control on the bike and ensure children are able to confidently ride in all environments.

We hope to give children the ability to enjoy cycling alongside the traditional curriculum, as well as empowering them to ride bikes for transport, active leisure, and competition.

Our Offering

What we do for you:

For each of our sessions, we can come and visit your facility for free and discuss which options may be best for your school and the age group taking part in the sessions. We offer coaching as single sessions, 4 week blocks, or 6 week blocks (see separate sheet). With the multi-week blocks we are able to design the sessions to progress your riders over the course of 4 to 6 weeks, allowing for more practise and repetition to master the key skills & offer regularity for your riders. Each session can last from 30 minutes up to 2 hours.

Where can we do this?

We can offer cycle coaching sessions within your school grounds using either bikes owned by the school or the children's own bikes, we always check the bikes and equipment prior to the session and can help with any basic repairs that may be needed. Depending on your access to transport we can also offer cycle coaching offsite at locations like Chopwell Pump Track in Gateshead, and other public spaces & parks in Newcastle.



Below is a guide for the target students for each session type, however please don't hesitate to get in touch, we'd be more than happy to help advise and tailor these sessions for you.

LEARN

Target age: Y3 / Y4

Suitable for riders who have just transitioned to pedals and are looking to build basic skills.

RIDE

Target age: Y4/ Y5 / Y6

Suitable for most riders with basic riding skills looking to gain confidence and progress far.

RACE

Target age: Y5 / Y6 / Y7

Suitable for riders with solid core skills ready to bring in fun competition and more advanced techniques.

About SCC



Our Ethos

We're based in Newcastle and are able to deliver in schools across the city as part of the curriculum or for after-school activities. We aim to create a fun and safe environment for children of all abilities to enjoy riding a bike.

Commitment to Safety

As a coach, I'm equipped with the qualifications needed to provide a quality and safe service to your pupils. These include: Level 2 British Cycling Coach, Outdoor First Aid, Safeguarding Trained, Enhanced DBS (+ on update service), and Public Liability Insured. We always risk assess the area in documentation and before each session.



About Me



I've been British Cycling Qualified coach for over 3 years, and involved with cycling for all my life! I have experience delivering coaching programmes within schools in Newcastle, as well as coaching from club level all the way up to talent development.

I'm currently on a scholarship with British Cycling for coaching, which allows me to constantly develop as a coach and bring back my experiences from the elite level of the sport into school and young rider development sessions.

More personally, I race mountain bikes and have a huge passion for the sport, and enjoy passing on my experience and enthusiasm through coaching.

Ben Skaife - Coach

Get in touch to see what we can do for your school! Feel free to drop any questions or requests to the address below.

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" I have been highly impressed with Ben's commitment and his friendly disposition has made the training sessions a pleasure for all "

- West Denton Primary School

