

Isla Bikes at Si-lwli Nursery..

"The speed bikes are really cool and really really fast" an enthusiastic 3 yr old..

The Isla bikes or '**speed bikes**' as our children have christened them have been a huge success at our nursery... we were introduced to the bikes last year by a parent who works for the Welsh Cycling Union, and have never looked back!

Here at Si-lwli Nursery (Cardiff) healthy living is extremely important to us in particular physical activity and nutrition. We spend lots of time in the garden and have found the '**speed bikes**' an excellent incentive to get the children out and about, the children who don't particularly like being outside will venture out if they get to have a go on the '**speed bikes**'!

Learning through play is our philosophy at Si-lwli Nursery. Children are encouraged to explore the 'Areas of Development' through stimulating and challenging activities. It is incredible the skills gained by the children whilst experimenting and experiencing the '**speed bikes**'. Most importantly Physical Development such as, balance, co-ordination and self control, but, also new skills such as independence, imagination, confidence, sharing and taking turns. We have two '**speed bikes**' and normally 20 children who want to have a go!!

As a manager with twelve years experience in Early Years Childcare, I have never experienced a bike which encourages so much development and is so much fun!! Believing a child could ride a bike before they had their fourth birthday seemed impossible, until we bought the '**speed bikes**', I honestly believe that by the end of the summer some of our children will be riding two wheeled bikes with pedals!

The next step for us is to purchase the braked bikes with pedals, I'm sure there will be no stopping the children once they get started, I'll keep you posted on their progress..

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