BMX Taster Session

On Wednesday 15th October we were very fortunate to have visitors from the Hawks BMX Club. The club is promoting the BMX Wheels Project which is funded by Hillingdon Community Trust. The project is an exciting new outreach programme to introduce children to the new Olympic sport of BMX Racing and is a fun way to get into cycling.

At 8am a large truck, van and trailer arrived at the school; loaded with the BMX bikes, helmets and gloves, plus two enthusiastic fully qualified instructors. We also had four volunteers’ pupils from Swakeley School.

Throughout the day children in years 4, 5 and 6 attended a 45minute taster session. The session started with the children being taught how to do a safety check on their bikes, and then were introduced to basic skills needed for bmx racing.

The pupils from Swakeleys School assisted with children who were unable to ride a bike. The pupils were very supportive and encouraging, and by the end of the day had successfully taught ten of our children to ride a bike. Thank you girls!

There was a definite buzz around the school with excited children and staff. A couple of overheard comments were “This has been the best day ever at school”, “How wonderful to see all my class smiling” and “It was great to see how many pupils were showing resilience, particularly the riders who were not as confident as others. It was a very successful taster session and our thanks go to Hawks BMX club and the pupils from Swakeleys School.

Photos of the event can be viewed on the school website.

