

School project of the cycling classic starts - Bike Academy by kinder Joy of Moving picks up speed in Frankfurt

In cooperation with Eschborn-Frankfurt, the "Bike Academy by kinder Joy of Moving" was launched. In October, a programme began at Frankfurt schools that teaches pupils how to use a bicycle safely in a playful way. The goal of the cycling classic and the Bike Academy by kinder Joy of Moving is clear: to get even more kids excited about cycling.

The kick-off was at the Meisterschule, a primary and secondary school in Frankfurt Sindlingen. On 12 October 2022, the first of three Bike Academy by kinder Joy of Moving lessons began as part of the physical education curriculum. Certified and experienced bike trainers work together with physical education teachers to train kids on three days for 90 minutes each. The new school project takes place at Frankfurt primary and secondary schools for grades 1 to 6. These schools can join in and bring the Bike Academy by kinder Joy of Moving to them.

The background to the cooperation is that children are showing increasing deficits in handling bicycles. Primary school children in particular need support to learn to ride a bike better. It is therefore all the more important to playfully ensure more safety and thus fun on the bike. As a side effect, the Bike Academy by kinder Joy of Moving provides extra exercise and the kids improve their endurance and sense of balance.

Depending on experience with the bike and age, the lessons are individually adapted. Primary school pupils in grades 1 and 2 start with the "Beginner" course. Pupils in classes 3 and 4 are trained in the "Basic" course. The experienced cyclists of the 5th and 6th classes receive the "Advance" course. The programme includes "Bike Games", an obstacle course and, if possible, an exploration of the school environment by bike.

In each course, the children use their own bicycle and their own bicycle helmet to become even safer. The offer is free of charge for the participating schools and all pupils. Until the cycling classic on 1 May, the Bike Academy by kinder Joy of Moving will stop at 20 Frankfurt schools. The ambitious goal: a total of 800 Frankfurt schoolchildren should have completed one of the free courses by the end of the school year 2022/23.