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# Bikeability Conference 2024

## Play their way with UK Coaching

### Summary

UK Coaching are building a grassroots movement to transform coaching for children and young people. Their vision is for all children and young people to have equal opportunities to experience sport and physical activity.

They want to build a movement of coaches, organisations and other individuals committed to rights respecting sport and physical activity.​ They aim to do this by championing and supporting child-first coaching practice and the understanding of children’s rights within the sporting sector.

UK Coaching believe that if we play their way, more children and young people will enjoy being active, and have the potential to lead happier and healthier lives.

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### Key learnings from the workshop

* Using a rider-centred approach helps to enhance learning
* All participants seemed very engaged with the grass roots coaching movement 'Play their way', and there was a genuine enthusiasm to become part of the movement
* There was agreement in both sessions that the central tenets of the Cycle training delivery guidance REPPROC provide a good match with the aims of 'Play their way'
* Participant suggestions included building into national practice the opportunity to evaluate your own riding at the summative stage
* Capturing parental feedback on the ride home or extending this to filming riding when out together post training
* Sharing feedback with teachers the day after training has taken place

### Workshop slides

[View the workshop slides here](https://www.bikeability.org.uk/wp-content/uploads/2024/03/Play-their-way.pptx)