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Dear Parents and Carers,

In Year 6, we offer the children the opportunity to take part in cycling training. In previous years, the courses have been a huge success and the children have thoroughly enjoyed the sessions that they have participated in. This year, the course will be running in two groups, both of which will take place in June.

Your child has been offered a place on the Bikeability course and will need to meet the following requirements in order to take part:

- Firstly, your child must be able to ride their bike, even if unsteadily, with control and balance whilst pedalling without stabilisers. **Please note: this course is not to teach your child how to ride their bicycle.** Tutors will put them through a series of exercises during the first session, usually held in the playground, before deciding whether your child is safe to take part in the 'on road' training sessions necessary to complete the course.
- Have a bicycle in good, roadworthy condition. Your child's bicycle will be checked by the course tutors at the first session; if faults are found that need repairs or maintenance, these must be fixed if your child is to remain on the course.
- Must have a cycle helmet, of suitable size, correctly fitted throughout training. The course tutors will check the helmet at the first session.
- Tutors will inform the class teacher if any child is not meeting the required standards and this will be communicated to you.
- Children are also expected to behave sensibly, riding in a way that does not put themselves, other course participants or other road users at additional risk. If they are unable to do this, they will be removed from the course.



Bikeability instructors will come to school to deliver the training. We feel that Bikeability is about improving children's cycling skills, confidence and abilities and equipping them with the necessary skills and knowledge needed to ride a bike safely throughout the rest of their life. It's also about introducing them to cycling as an everyday activity – an alternative mode of transport, an enjoyable pastime, which brings a healthier lifestyle and ultimately lots of fun. Therefore, I wanted to give you time to plan ahead in case any of the requirements above are not yet met. For example, if your child is unable to ride a bike currently, you may wish to consider starting to support their practice now.

Shortly, I will communicate with you all the information you will need including course dates, consent forms and training information.

Kind regards, Miss Baxter