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BSc Hons, PGCE, NPQH

November 2024

### **Bikeability Training Dates: 29<sup>th</sup> Nov, 2<sup>nd</sup> to 5<sup>th</sup> December 2024**

Dear Parents and Carers

We are pleased to inform you that your child will be offered the opportunity to take part in Bikeability training sessions. The children will learn invaluable cycling skills through expert training provided by Hampshire Outdoors.

Bikeability is the national cycle training programme supported and funded by the Department for Transport. The training has three levels; Level 1 which is based on the playground and builds confidence in children who can already ride a bike, Level 2 which teaches children to cycle on local roads and Level 3 which uses more challenging roads. We will be delivering Level 2 Bikeability with the children with the main aim of the course being that the children will be able to make a short journey in a safer manner and be more aware of road safety issues.

Bikeability builds confidence with cycling and helps with independent thinking and decision making. All our Bikeability training is delivered by qualified, professional, DBS checked, National Standard Instructors.

It is important that children learn to ride their own bike so that they gain confidence to ride outside of the sessions and use cycling as an active way to travel. Each child will need a fully operational bike with two working brakes and a cycle helmet. If they **do not have access** to a helmet or bike, please let your child's teacher know and we will endeavour to make the necessary provisions. A thorough bike and helmet check takes place during the first session, where any necessary adjustments are made to ensure that the equipment is suitable for the participants. Students are then encouraged to independently do these checks throughout the training week, although this is overseen by qualified instructors. Hi-Vis jackets will be provided to all children during the on-road training.

Please use the following link in preparation for the training to complete some of these checks with your child <https://www.bikeability.org.uk/get-cycling/cycle-training-for-children/>. Checks include that their tyres have enough **air** in them, their **brakes** are working as they should, their **chain** flows effectively and isn't rusty, and the handlebars are fixed on tight and turn the bike in the intended **direction**. If you feel the bike needs maintenance, then take it to a local bike shop who will certainly be able to help!

At the end of the training, the children will be given a certificate confirming they have completed the course and acknowledges the ability level that they are working at for the different outcomes; ***independently, with more practice, with some assistance or not yet attempted.***



If you would like your child to participate in the training then please complete the attached permission slip and return it to your child's class teacher by **Monday 11<sup>th</sup> November** in order that we can ensure every child is provided for and we can prepare for the sessions.

If your child is not able to ride a bike then they can participate with the group on the first day on the playground, although unfortunately our instructors are not able to support them for the rest of the week. Please contact your child's class teacher to discuss what provision might be available for them during this time.

Should you have any questions please do not hesitate to contact me.

Yours Sincerely

*N Webber*

Miss Webber  
Year 6 Leader



**PARENTAL AGREEMENT FORM**  
**Year 6 Cycling Proficiency Training Course**

*Please return this form to your class teacher by Monday 11<sup>th</sup> November.*

Bikeability training date:  
**29<sup>th</sup> Nov, 2<sup>nd</sup> to 5<sup>th</sup> Dec 2024**

Student name: .....

Class: .....

*Please put a tick in the appropriate boxes below;*

<b>Current cycling level</b>	
1. <i>My child cannot ride a bike at present</i>	
2. <i>My child has some experience at riding a bike and can pedal without support for at least 10m</i>	
3. <i>My child is confident at riding a bike</i>	
<b>Equipment needs</b>	
<i>My child has a bike in good working order</i>	
<i>My child will need to borrow a bike</i>	
<i>My child will need to borrow a helmet</i>	

Please use the box below for any additional relevant information including medical needs that the Bikeability instructor will need to be aware of during the training.

I give permission for my child to take part in the Bikeability training and allow for relevant adjustments to be made to their bike and/or helmet where considered necessary.

Signed Parent / Carer: .....

Date: .....

