

Thursday 14th November 2024



Year 5 - Bikeability Level 1 & 2 Training

BikeRight is offering **ALL** Year 5 pupils the opportunity to take part in Bikeability Levels 1 and 2 Training. This one-day training will take place on one of nine dates in January or April 2025. A further letter will be sent with your child's specific training date and a link to the consent form in the coming weeks.

The training, provided by experienced instructors, will take place during the school day and will focus on important road safety skills for both cycling and walking. Bikeability is the government's national cycle training programme, and pupils will train in small groups (1 instructor to 3 pupils). There is no cost for this valuable opportunity.

Level 1 is a playground-based session to start the day, practicing and building confidence in key cycle control skills in a traffic-free setting. This session lasts approximately one hour. Pupils who are ready will then progress on to quiet roads near to school for the rest of the day. **Level 2** will introduce them to cycling as an everyday, fun, healthy activity and an alternative mode of transport. If you would like to see what activities Level 2 will include, you can visit

<https://www.bikeability.org.uk/getcycling/cycle-training-for-children/bikeability-level-2/>

This is a **FREE** national scheme funded by the Department for Transport and provided through Staffordshire County Council. We teach students to **start and stop** a bike with more confidence, **pass stationary vehicles** parked on a road, **understand the road**: signals, signs and road markings, **negotiate the road**: including quiet junctions, possibly quiet roundabouts and simple crossroads with a road safety awareness in the school locality. And **share the road** with other vehicles. Participants will receive a certificate and badge.

Knowing how to cycle safely provides an increased independence as they visit friends and transition to secondary school. Cycling also offers physical and mental health benefits, is an essential alternative to public transport, reduces congestion and is always a popular leisure activity.

Pupils **must be able to ride unaided and confidently** to take part. They also **need their own roadworthy bike, helmet**, signed parental consent and PE kit clothing (warm waterproof coat & gloves essential) or sunblock subject to conditions. Bicycles need to be in a road-worthy condition for this course, which means a front and back working brake. Ideally please also check tyres have enough air, oil the chain, ensure handlebars are fixed on tight and your child's seat is secure and pointing forward (www.bikeability.org.uk)

To take part on these courses, your child requires;

- It is preferred that your child uses their own bike for the training – Please ensure that the bike is in good condition. If you would like your child to borrow a bike and/or helmet from school, please enter it on the consent form.
- A completed and signed online parental consent form.
- A cycle helmet.
- Pupils are required to wear their school PE kit for the training. Your child can come to school on the wearing their PE kit, however, due to the changeable weather, could your child also bring a change of suitable clothing with them and depending on the weather a coat, gloves and sun cream may also be required.

If you would like any further information regarding the above, please do not hesitate to email me on nbannister@ryecroft.staffs.sch.uk .

Yours sincerely



Mrs N Bannister
Lead for PE

