



Gaddesby Primary School



Ashby Road, Gaddesby, Leicester, LE7 4WF,

Telephone: 01664 840253 E-mail: office@gaddesby.bepschools.org

Website: www.gaddesby.leics.sch.uk

Headteacher: Mr Leigh Fox

Year 6 Bikeability

Dear Year 6 Parents/Carers,

We are pleased to inform you that all children in Year 6 will be given the opportunity to take part in a Cycling Proficiency Course - Bikeability. They will learn about how to look after their bike, ride safely and rules of the road.

The course will take place on Gaddesby Primary School playground and in the surrounding area (including roads). The children will complete 2 hours of level one training, then if they pass this element will move on to complete a further 6 hours of level 2 training. This will all take place during the **week commencing Monday 28th June**. We will of course give you more information about which days to bring bikes into school and where to store them nearer the time.

There is no charge for this course. All children taking part must have a road-worthy bike and always have a cycle helmet with them. If your child would like to reserve a space on this course, please complete the permission slip below and hand this into school as soon as possible as we need to confirm numbers with the training provider. We would like all children to take part if possible. Parental consent forms are required for all pupils to take part.

Yours sincerely

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Mr Leigh Fox
Headteacher





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WHAT IS BIKEABILITY? Bikeability is the national cycle training programme supported and funded by the Department for Transport. The course builds the skills and confidence of children who can already ride. Bikeability can not only make children better cyclists - potentially for the rest of their lives - but can help with general confidence and independent thinking. All of our Bikeability training is delivered by qualified, professional, DBS checked National Standard Instructors. Visit www.bikeability.org.uk for more information



The **Bikeability Level 1** course helps children get more skilled and confident in riding their bikes in the playground and get them ready for cycling on the road. Riders must be able to ride a bike - pedal and freewheel- to participate in this level.



The **Bikeability Level 2** course aims to improve riders' skills and confidence for cycling on smaller roads and simple junctions without too much traffic. It prepares riders for cycling on larger and busier roads and more complicated junctions. All the riders will have to show the instructors they can do everything at Bikeability Level 1 before they can go on the roads.

WHAT WILL YOUR CHILD NEED?

- A complete consent form (see section overleaf)
- A roadworthy bike without stabilisers (see checklist overleaf)
- A helmet if required
- Suitable clothing for the weather conditions

FURTHER INFORMATION FOR PARENTS This course develops the cycling skills and confidence of children who can already cycle. To benefit from Bikeability, your child must attend every session and practise what they learn after training. Bikeability skills and confidence will be lost without regular cycling. Bikeability engenders enthusiasm while building skills and confidence to cycle more safely, more often. Please support and encourage your child to continue cycling after training.

HOW TO BOOK Please complete and return a consent form (see overleaf) to school as soon as possible.





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GET READY (Visit bikeability.org.uk/bikeability-training/get-ready/ for more information) Before your course it is really important to have a few things sorted including:

Your bike - make sure you check that your bike is in good working order, with the tyres inflated and the moving parts working well. If you need to take it to a bike shop before-hand, don't leave it to the last minute!

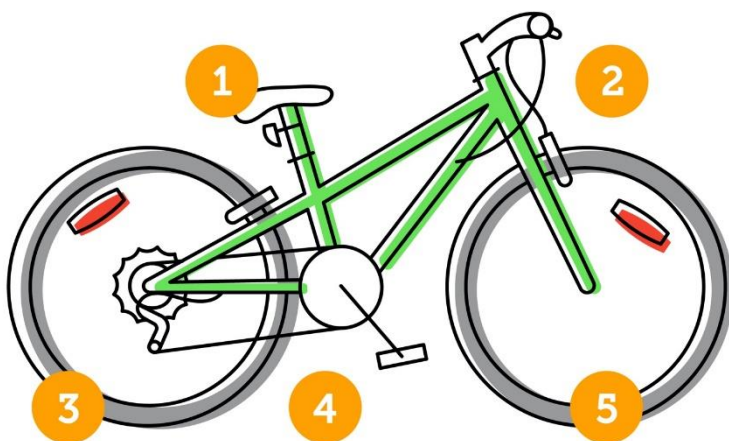
Your helmet - your helmet should sit on top of your head comfortably, (not too tight or too loose), with the peak sitting about two fingers width from your eyebrows.

The side adjusters should sit just below your ears forming a nice V on the side of your head, and the chin strap should allow for two fingers to fit between it and your chin.

Your clothing - wear whatever you would normally wear to school, but you must also be prepared for the weather. On cold or wet days, make sure that you have your coat and gloves, and an extra layer or two. With a change of clothes available, just in case. On warm sunny days make sure you have put on a good amount of suncream at the start of the day and keep drinking water throughout the day. And a top tip – as you will be using a bit more energy than normal bring an extra snack, also making sure you've had a good breakfast before school.

PRE-COURSE BIKE SAFETY CHECK

Visit bikeability.org.uk/bikeability-training/get-ready/



- 1 Make sure your saddle, handlebars and wheels are fixed on tight
- 2 Ensure both your front and rear brakes work properly
- 3 Run through all of your gears
- 4 Clean and oil your chain regularly
- 5 Check your tyres are pumped up

REMEMBER YOUR



AIR



BRAKES



CHAIN

BEFORE EVERY RIDE

