



Bikeability Level 1 Information for Parents



We are writing to tell you about Bikeability Level 1, a course designed to strengthen the cycling skills of children in Year 4. . Bikeability Level 1 is a 2 hour school-based session that aims to improve children's control of a bicycle. It involves fun games carried out on a pedal bike to develop cycling skills.

How is Bikeability Level 1 delivered?

- It is delivered by Bikeability Instructors qualified to the National Standard for Cycle Training.
- It is usually delivered in one two hour session on the school playground or field.
- Children will need their own roadworthy bike and helmet for the training.
- Sessions are delivered to a maximum group size of 12 children.

What will the children learn?

Sessions are interactive and fun. Children will learn to:

- Identify parts of a bike and carry out a basic bike and helmet check.
- Get on and off a pedal bike without any help.
- Start a journey, use gears, move around objects with control and stop effectively using their brakes.
- Whilst riding be able to look over both shoulders.
- Whilst riding be able to signal clearly with their left and right arms.

After the training sessions have been completed, children will be awarded a Bikeability Level 1 badge and certificate.

The date for the course is Thursday 22nd October. . Children will need to wear appropriate clothing for cycling. (Preferably no skirts which are awkward to cycle in)

The qualified instructor running the sessions will be Mr Andrew Brook.