



Spalding Parish Church of England Day School

9th September 2021

Dear Parent/Carer

Bikeability Level 1 and 2 Cycle Training – Year 5 and 6

We are very excited to share that a Level 1 and 2 on-road cycling course will be held at SPCEDS in January 2022 for children in Year 5 and 6. The course will include the Highway Code theory and skills exercise on the playground. This will be followed by basic manoeuvres/signalling on local roads for those who have reached the required standard of cycle control.

Children will need a roadworthy cycle with working front and back brakes and fully inflated tyres, their own correctly fitted cycle helmet and will have to attend each day of the course. For more information regarding checking your child's cycle is roadworthy or how to fit a helmet please see the pre-course information provided. If the cycle is not safe, your child will not be allowed on the road. Cycles need not be new but they must be in a good condition. If you are unsure about the condition of your child's cycle, Halfords offer free cycle MOTs – more information can be found online.

Please note that the course is designed to improve cycle control, not teach children to ride. Children should therefore be encouraged to ride beforehand, especially signalling and looking behind. There will also be a homework booklet to support the course.

Before plans are finalised it would be helpful to have an indication of the possible number of children who would like to benefit from this training. Places on this course are limited due to available instructors and safety procedures which need to be adhered to whilst riding on the road.

If you would like your child to take part in the training, please complete the slip on the attached flyer and return it to school by **Monday 13th September**. Places are limited, so should we have more children wanting to take part, names will be drawn "out of a hat" and places allocated in that way. You will be informed in the following weeks as to whether your child will be taking part in the course.

Yours sincerely,

Amelia Siddall
PE Subject Lead



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