



Spalding Parish Church of England Day School

19th January 2023

Dear Parent/Carer

Bikeability Learn 2 Ride Cycle Training

We are very excited to share that a Learn 2 Ride Cycle training course will be held at Spalding Parish C of E Day School in June 2023. This is a great introduction to cycling where children will develop essential skills of agility, balance and coordination for riding. Learn 2 Ride is a great opportunity for children who use a balance bike or ride a bike with stabilisers on. Please note, this training is not for children who are already cycling on two wheels independently.

Children will need a roadworthy cycle with working front and back brakes and fully inflated tyres, in addition to their own correctly fitted cycle helmet. 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 suitable, your child will not be allowed to complete the course. 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.

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, to ensure the safety of all involved.

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 **Friday 27th January**. 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.

If you have any questions or require further information, please do not hesitate to get in contact.

Yours sincerely

Amelia Siddall
PE Subject Lead



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