



Spalding Parish Church of England Day School

28th February 2024

Dear Parent / Carer

Bikeability Level 1 Cycle Training

We are very excited to share that a Level 1 cycling proficiency course will be held at SPCEDS on **Thursday 2nd May 2024** for children in Year 3 and 4. The course equips children with the skills to ride their bike safely and with control. The training is based around fun, practical games to encourage riders to begin making off-road journeys safely.

Children will need a roadworthy cycle with working front and back brakes and fully inflated tyres, and 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 safe or is the incorrect size, 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.

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. Places on this course are limited due to available instructors and safety procedures which need to be adhered to. Your child must already be able to ride their bike independently.

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 **Thursday 29th February**. 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

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PE Subject Lead



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