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Mrs Jackie Wright B.Ed (Hons)

November 2025



## Bikeability Level 1 Cycle Training Course



The school is pleased to offer your child a place on a Bikeability Level 1 cycle course.

### About the course:

The course is a fun interactive 2 hour session and teaches children valuable bike skills through games and activities. The skills learnt also prepare riders for the fundamentals needed for Level 2 Bikeability road training, a course they should be offered in the future.

The session will take place on **Tuesday 10<sup>th</sup> February 2026**

### Course requirements:

- Trainees need to **be able to ride a bike** competently to take part.
- A well-maintained and suitable sized bike. (*Please check your child's bike using our [bike check guide](#)*).

Find out more about Bikeability sessions in this video:

[vidhttps://www.youtube.com/watch?v=FTMTfh9TxNYeo](https://www.youtube.com/watch?v=FTMTfh9TxNYeo)

### HOW TO SIGN UP

Please use the QR/link provided below to fill in the online form to book a place on the course:



<https://consent.bikeability.org.uk/opt-ray-lane>

Places are limited and allocated on a first come, first served basis.

If you have a child who can ride but you do not have a bike, please let us know. You will be able to borrow a bike from Bikeability for a charge of £5 per rider.

Emma Siddon

Heathwood School Cycle Coordinator

Cycle Training is available from Cycle4Life for people of all ages and ability, from complete beginners to experts, please ask for further details or visit our site: [cycle4life.org](http://cycle4life.org)

