

“BIKEABILITY” CYCLE TRAINING



The school is pleased to offer your child a FREE place on a Bikeability Level 1, playground-based cycle training course. The skills that the children learn will last a lifetime, and include not just riding ability but also self-reliance, decision-making and how to keep fit and healthy.

The 2-hour course is run by qualified National Standard Cycle Trainers in school time, on **FRIDAY 10TH FEBRUARY 2023**

Participants should already be able to control their bikes fairly well. Fun games and activities are used to teach basic bike skills such as looking behind, indicating and emergency stops. Sessions are very interactive and enjoyable, and each child is able to achieve their own best level.

Trainees will need a correctly-sized well-maintained bike. **Please check your bike against the roadworthiness checklist before the course.**

As this event coincides with 'Love Yourself Mufti Day' Please make sure PE kit is in school if your child needs to change into jogging bottoms for the session.

All bikes will need to be in school at 8.30am on the Friday.

Please sign and return the enclosed consent form to the office no later than FRIDAY 3rd FEBRUARY 2023

Cycle Training is also available for non- riders. If you would be interested in a separate learn to ride training session please let me know.

Yours sincerely,

Emma Siddon
Administrative Assistant
Heathwood Lower School

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