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Cavendish Junior School

Edmund Street
Newbold Moor
Chesterfield
S41 8TD

Headteacher
Miss Nicola Marlow



Thursday, 02 May 2019

Dear Parents/Carers

Our Year 4 children will be having 'Bikeability' level 1 training on Wednesday 8 May. Bikeability is 'cycling proficiency' for the 21st century, designed to eventually give the next generation the skills and confidence to ride their bikes on today's roads. Bikeability is the only Government approved and nationally recognised award for cycle training today. Your child will be undertaking Bikeability Level 1 on the school playground, which gives children the skills they need to control and master their bike. Once they have completed their training, they will be able to:

- Fit their own helmet, carry out a simple bike check
- Get on their bike, start cycling, then stop and get off
- Ride their bikes using gears if they have them
- Make their bike go where they want it to, including moving round object safely
- Control their bike with one hand
- Stop quickly if they need to
- Look all around them when riding, including behind without wobbling

Please Note: Children who can only ride their bikes with stabilisers will still be taking part.

The training will take place on: **Wednesday 8 May.**

What the children will need?

Please can you ensure that if your child has a bike, with or without stabilisers, that they bring it to school on the day. The bike will need to be wheeled (not ridden) through the school gates onto the playground. If your child has a cycling helmet, please can they bring this too as well as a waterproof coat. There are a small number of bikes and helmets available at school for children to use who do not have their own bike or helmet.

The training will be provided by Chesterfield based "Wheely Fun Wheels". All instructors are qualified National Standard Cycling Instructors, have CRB, insurance and first aid certificates. All instructors are long term regular cyclists too <http://www.wheelyfunwheels.co.uk>

Please complete the attached slip and return it to school by Tuesday 7 May 2019.

Yours sincerely,

Miss C Varns
PE Coordinator

Bikeability Training Wednesday 8 May 2019

I acknowledge that my child _____

will be taking part in the Bikeability Level 1 training on Wednesday 8 May 2019 at Cavendish Junior School.

My child can ride a bike YES/NO (please delete)

My child will bring their own bike and helmet YES/NO (please delete)

Signed _____ Parent/Carer Date _____