



# KILMAINE PRIMARY SCHOOL

Principal: W. S. Campbell, B.Ed.(Hons)

*Everyone Counts*

8 March 2019

Dear Parent



## Kilmaine Cycling Proficiency 2019

Cycling Proficiency will be offered to Year 7 pupils and will be taking place on **Wednesday** afternoons from 3.10pm until 4.00pm. There will be no charge for this course.

It is important that your child attends every session as they will be learning new manoeuvres at each session. Please ensure that your child's bicycle is the right size for them and is in good working order. A bell **must** be fitted to the bicycle. **For training within the school grounds, we require that a cycle helmet must be worn.** (See the Safe Cycling Booklet for advice on bicycle maintenance and cycle helmet check list).

The following is a timetable of the course and your child should read the appropriate chapters in preparation for each lesson. A copy of the booklet will be provided.

Date	Topic – (Read Safe Cycling Booklet before each lesson)
Week 1 – 27 March	Bicycle and helmet check Starting off, stopping and parking
Week 2 – 10 April	Left turn and overtaking
Week 3 – 1 May	Right turn from a minor road to a major road
Week 4 – 8 May	Right turn from a major road to a minor road
Week 5 – 15 May	Controlled stop/re-start
Week 6 – 22 May	Cycle control
Week 7 – 29 May	Revision
Week 8 – 5 June	Highway Code Test
Week 9 – 12 June	Cycling Proficiency Test 1
Week 10 – 19 June	Cycling Proficiency Test – Part 2

If interested please return the slip below, on or before Friday, 15 March 2019. (Places are limited).  
B McAllister and A Green, Cycling Proficiency Team.



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I give permission for ..... (Name of child) Class .....  
to participate in the **Cycling Proficiency Scheme**.

Signature .....(Parent/Guardian) Date .....