Dear Year 6 Parent/Carer,

**OPPORTUNITY FOR YOUR Y6 CHILD TO PARTICIPATE IN BIKEABILITY CYCLE TRAINING**

Newton Farm School has been chosen as one of a number of schools in this borough to receive Bikeability cycle training. This training is funded by the Council and is being delivered on its behalf by Cycle Experience, [www.cycleexperience.com](http://www.cycleexperience.com)

Children enjoy cycling and additional to the health benefits associated with physical activity, cycling also develops confidence and gives them independence. Children who have been trained are much safer and, in addition, tend to cycle more.

A new take on cycle proficiency, Bikeability is aimed at upper Key Stage 2 pupils. It's designed to develop the skills to cycle safely and confidently both in off-road playground environment and on roads in the vicinity of the school

Bikeability cycle training is outcome based and this course consists of two specific ‘levels’, each with distinct outcomes. The levels are progressive and if your child does not achieve all of the outcomes of the Level 1 course then they will not be able to progress immediately onto the Level 2 course.

- **Bikeability Level 1 (2 hours)** – this element of the course will take place in the school playground. To participate, your child must be able to ride a bike without stabilisers. They will be expected remain in control when starting, stopping and riding along, look behind and ride one-handed (with either hand) without wobbling.
- **Bikeability Level 2 (6 hours)** – this element of the course takes place on roads near to the school. The course will enable your child to understand how to start and stop a journey safely, understand priorities and the correct road positioning. They will also experience making left and right turns in and out of T-junctions.

For more information about Bikeability please visit [https://bikeability.org.uk/](https://bikeability.org.uk/)

If your child doesn’t achieve all Bikeability Level 1 outcomes their training will end after the 2-hour playground session. They’ll receive a Certificate of Attendance, and you’ll receive feedback on which skills they need to practice in order progress to Bikeability Level 2 at a later date. Similarly, if your child doesn’t achieve all Bikeability Level 2 outcomes, they’ll receive a Bikeability Level 1 Certificate and feedback on the skills they need they need to practice in order to achieve Bikeability Level 2.

Children will be spending up to eight hours cycling outdoors, so it’s vital that they have suitable equipment and clothing.

**For further information, please refer to the bike, helmet and clothing checklist that accompanies this letter.**
It’s your responsibility to ensure that your child has the following for the duration of the Bikeability course:

1. A bike that is in a good state of repair and is the correct size
2. A correctly fitting cycle helmet
3. Appropriate clothing and footwear for cycling, the season and the weather

Bikeability will take place during the week of Thursday 7th (whole day) and Friday 8th February 2019 from 9.00am to 12.00pm. I am writing to invite you to register your child for this training.

There are a limited number of places available, so please complete and return the attached form to me by Thursday 13th December 2018 at the latest. Pupils will be accepted on a ‘first come, first served basis’. There is 12 spaces maximum.

To ensure that your child’s bike is fit for purpose and fully roadworthy, we also have arranged for a cycle mechanic to visit the school on Friday 1st February 2019 and conduct checks of all participant’s bikes, free of charge.

In order to assist the mechanic who will be conducting bike checks, can you please complete the enclosed Bike Check Form, highlighting any issues and adding your child’s name, bike make and model to the back of the form. This form should then be placed in a clear plastic wallet and attached to the handlebars of their bike with cable ties.

The mechanic will conduct a full check of your child’s bike. They’ll be able to make simple adjustments and replace some worn or damaged parts (such as brake blocks, brake cables and inner tubes). However, any major or more complex repairs will not be completed on the day. In this event, the mechanic will complete a form highlighting which parts need repair or replacement by a local bike shop.

I do hope you will take advantage of this opportunity for your child to participate in Bikeability and the Free Bike Check and look forward to receiving your completed form by Thursday 13th December 2018.

Yours sincerely,

Miss Mehta
Travel Plan Co-ordinator