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Peterborough
PE3 9UG
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Head Teacher: Miss E Anderson
Deputy Head: Mrs P Jeremaes
Deputy Head: Mrs N Oxer



7th December 2023

Dear Parents and Carers,

Year 3 and 4 Bikeability Level 1 Cycle Training

We are delighted that Years 3 and 4 have the opportunity to take part in some Bikeability Level 1 cycle training sessions on Friday 12th January. Bikeability is the government's national cycle training programme. The scheme aims to inspire more children to cycle by equipping them with the skills and confidence to ride more. The training will help new riders control their bike in an off-road environment and develop balance and agility before they move on to developing on-road skills.

This course is suitable for riders who have mastered control of their cycle.

Level 1: Through fun, progressive games, pupils must demonstrate the following to progress onto on-road training:

- Pedal independently without stabilisers (this is not a learn to ride course)
- Apply brakes to bring the cycle to a smooth and quick stop
- Look behind over each shoulder while pedaling in a straight line
- Pedal one handed in a straight line (signal)
- Use gears (if present)
- Avoid hazards

Your child will use **his/her helmet and own bike which must be of a roadworthy standard**. Please see the attached leaflet which gives details of the bike and helmet checklist. The bicycle will be checked by an instructor at the start of the course, and you will be notified if any faults are found and this may have an impact on whether your child can continue on the course. Our instructors will not change any parts on the bike.

Please complete the attached form and return it to school by **Friday 15th December**.
Places are limited and they will be offered on a first returned first served basis.

Yours sincerely,

J. McDonough

Mr McDonough
Sports Coach



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ACADEMIES TRUST

