

Level 1 Bikeability Training – Year 4

Dear Parent / Carer

Pupils have been offered the opportunity to take part in one **Level 1** Bikeability session on **Monday 5th October 2026**, FREE OF CHARGE during school time. The course is delivered by Nationally Qualified Cycling Instructors and Bikeability is an active, fun and trusted outdoor activity.

Level 1 takes place on the school playground and teaches children how to **maintain their cycle, control their bike**: including setting off, cruising, slowing down, braking and stopping & **pedal**: without feeling wobbly or out of control. They will also practice being more **aware of their surroundings**: looking behind and turning around obstacles. It's also a good introduction to Level 2 on-road training which is offered by your school. All who take part will receive a certificate.

Bicycles need to be in a road-worthy condition with a front and rear working brake (no BMX bikes). Please also check tyres have enough air, oil the chain, ensure handlebars are fixed on tight and your child's seat is secure and pointing forward.

Participants must be able to ride (no stabilisers). We also expect all children to wear a helmet during the Bikeability sessions (not a full face helmet as they cannot hear instructions or see to the side). *Parental permission must be given if no helmet is being worn**.

We advise wearing suitable clothing (gloves/coat) or sunblock subject to weather conditions.

If your child can ride, but does not have a bike, then please indicate this on the consent form and we will liaise with school about trying to bring a bike & helmet for them to borrow.

Please complete the booking form by clicking the link below and return to school before the deadline date as the link will expire on **Monday 22 June 2026**.

<https://everybody.cycleready.co.uk/Invitation/validate/faed30f96c3c456daa7408dec6c2b41a.90vXqjHcSxbxgybFRYXquWwHJv2FlpNCsHLQqY43a5c=>

Expires - 22/06/2026

Yours sincerely

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