

St. John's Church of England Primary School and Nursery

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Headteacher Mr. R. Averis B.Sc. P.G.C.E. N.P.Q.H.



RE: Y6 Bikeability

Tuesday 7th October

Dear Parent/Carer,

At St. John's we are very keen to help pupils learn to live healthy lifestyles. Cycling is one of the easiest, cheapest and most enjoyable ways of keeping fit. In support of this, we will be offering Bikeability Level 1 & 2 training to pupils in Year 6.



Level 1 is covered in a traffic free environment and teaches basic cycle skills.



Level 2 is covered on quiet roads but with real traffic conditions. Children must have completed Level 1 before starting level 2.

Level 1 training will take place on the playground and Level 2 training will take place on the roads near school. This will take place over two days for each Year 6 class:

- **Mrs Newton's class (Quarndon) – Monday 24th & Tuesday 25th November**
- **Miss Bennett's class (Rowsley) – Wednesday 26th & Thursday 27th November**

Training is free and will be conducted in school time. **All pupils will need their own bike**, which should be in a road worthy condition and must be brought both days during the training. It cannot be stored at school overnight. All children must be able to cycle unaided. We also stipulate that **all pupils must also wear their own cycle helmet whilst training**. Your child's class teacher will discuss where their bikes are to be stored/kept during the day nearer the time.

Previous years, Bikeability training has been provided by Big on Bikes Ltd who were able to loan some bikes to school for children who did not have a bike. Unfortunately, due to reasons beyond our control, Big on Bikes Ltd are no longer able to provide this training and it will now be run by First Grade Sports. **First Grade Sports do not have bikes available to hire.** This means that if your child does not have access to a bike, they will not be able to take part in the training. We apologise for any problems this may create.

Children will get changed into their PE kit to complete the training so please ensure they have warm clothes for the day.

Please scan the QR code or find the link on the school website - Year 6 area in the folder named Bikeability. This will take you to an online consent form which you must read carefully and complete as soon as possible.

Children without a completed consent form will not be able to participate in the training.

Kind regards,

Miss Proud (PE lead)



www.consent.bikeability.org.uk/air-sheet-ash

