



Little Hill Primary School

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Part of the OWLS Academy Trust

Tuesday 3rd October 2023

Dear Parent/Carer

Year 6 – Bikeability Training

Year 6 pupils will have the opportunity to take part in the Bikeability scheme. This will be free of charge. It is the national cycle training programme supported by the Department for Transport. The course builds the skills and confidence of children who can already ride. Bikeability can not only make children better cyclists – potentially for the rest of their lives – but can help with general confidence and independent thinking. All of the bikeability training is delivered by qualified, professional, DBS checked National Standard Instructors. Visit www.bikability.org.uk for more information.

Bikeability training will take place during the school day w/c Monday 6th November. Due to the nature of the course, a maximum of 36 children can take part at once. Therefore, it will be first come, first served. However, if there is sufficient interest, then we will be able to look at booking a further course allowing more children to take part.

What your child will need?

- A roadworthy bike, without stabilisers
- A helmet must be worn – (children cannot take part unless a helmet is worn).
- Suitable clothing – Please ensure your child has a coat in school if the weather is cold/wet.



Please find attached a Bikeability Pre-Course Information and Parental Consent Form. Please complete the form and return to the school office by **Friday 13th October**.

If you have any queries or concerns please contact a member of the Year 6 team.

Yours sincerely

Miss Jarvis & Mrs Clewlow



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Extra Information

Your bike - make sure you check that your bike is in good working order, with the tyres inflated and the moving parts working well. If you need to take it to a bike shop before-hand, don't leave it to the last minute!

Your helmet - your helmet should sit on top of your head comfortably, (not too tight or too loose), with the peak sitting about two fingers width from your eyebrows. The side adjusters should sit just below your ears forming a nice V on the side of your head, and the chin strap should allow for two fingers to fit between it and your chin.

Your clothing - wear whatever you would normally wear to school, but you must also be prepared for the weather. On cold or wet days, make sure that you have your coat and gloves, and an extra layer or two. With a change of clothes available, just in case. On warm sunny days make sure you have put on a good amount of sun cream at the start of the day and keep drinking water throughout the day. And a top tip – as you will be using a bit more energy than normal, bring an extra snack, also making sure you've had a good breakfast before school.