



St Paul's C of E Junior School

Oxford Road, Wokingham, RG41 2YJ

Tel: (0118) 978 5219

Email: office@stpauls.wokingham.sch.uk

Website: www.stpauls.wokingham.sch.uk

Headteacher: Mrs J M Taylor

21 February, 2018

Dear Parent/Carer,

Re: Opportunity for your child to participate in Bikeability cycle training

St Paul's 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

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/>

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
4. Sunscreen (during summer)

Bikeability courses will take place during 18th - 20th April, and 30th April - 4th May. I am writing to invite you to register your child(ren) for this training.

There are a limited number of places available, so please complete the registration form under the Forms section of ParentMail by 9.00am on 2nd March at the latest. Pupils will be accepted on a 'first come, first served basis'.

I do hope you will take advantage of this opportunity for your child to participate in Bikeability and look forward to receiving your completed form by 2nd March.

Yours faithfully,
Mrs S Beamish
Year 5 Team Leader

