



## “BIKEABILITY” CYCLE TRAINING



The school is pleased to offer your child a place on a “Bikeability” road cycling training course. The skills that the children learn will last a lifetime, and include not just riding ability but also self-reliance, decision-making and how to keep fit and healthy.

The course of four 2-hour sessions is run by qualified Cycle Trainers, and will be held between 18<sup>th</sup> – 21<sup>st</sup> February 2019. This course is only for Year 5 and 6 children only, and is on a first come first served basis, as there are only 24 places available.

***Please note the children who were unable to complete the course last year due to a school closure, will automatically be given a place, but we still will need a new consent form completed.***

Trainees must already be able to ride and control their bikes. Session 1 takes place on the playground and activities are used to teach basic bike skills such as looking behind and signalling. The children then progress to following a planned route around roads near the school. Here they will watch, discuss, then practice a variety of cycling manoeuvres using different road situations. All sessions **must be attended** because the skills build up gradually.

Sessions are very interactive and enjoyable, and children are able to achieve their own best level. Children who complete the full course may then ride to school after the agreement of their families and the school.

Trainees will need to bring a correctly sized well-maintained bike, preferably with gears. **Please check your bike against the roadworthiness checklist before the course, and wear clothing suitable for the weather each day.**

**PLEASE SIGN AND RETURN THE ENCLOSED CONSENT FORM TO SHARNIE NO LATER THAN 23<sup>rd</sup> NOVEMBER TO SECURE YOUR CHILD’S PLACE.**

**Payments must be made by 14<sup>th</sup> January.**

Cycle Training is also available for people of any age and ability, from complete beginners to experts, just ask for details.

Yours sincerely,

Mr Barker  
The Vale Academy  
School Cycle Coordinator,  
01582 211150



## Cycle4LIFE

Cycle Training For Life!

Registered Bikeability Trainers  
British Cycling Level 2 Coaches  
CTC Mountain Bike Leaders

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