

The Vale Academy
Wilbury Drive
Dunstable
Bedfordshire
LU5 4QP
01582 211150

12th September

To: Parents/Carers of pupils in Years 5-6

Dear Parents/Carers

We are pleased to be able to offer Bikeability courses to Years 5 & 6 pupils during the week commencing 10th October during school time.

Bikeability is a national scheme organised and operated by trained professionals aimed at improving a child's confidence and ability on their bicycle. It teaches pupils how to ride safely to and from school. It is open to all pupils who have access to a roadworthy bicycle and a cycle helmet. The course is run over four days, with pupils completing two hour sessions per day.

Pupils should already be able to ride and control their bikes. Session 1 takes place on the playground, and fun games and activities are used to teach basic bike skills such as looking behind and signaling. 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 maneuver's using different road situations. All sessions must be attended because the skills build up gradually.

If you are interested in your child completing the course, please complete and return the attached slip to myself by 30th September.

Yours sincerely

Mr N Pearson
P.E. and Health

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Reply Slip to: Mr N Pearson, Head of P.E. and Health.

Pupil's Name: Form:

I am interested in my son/daughter taking part on the Bikeability Course.

Signed: Dated:
Parent/Carer

contact-vale@thesharedlearningtrust.org.uk
www.thesharedlearningtrust.org.uk

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