Kingsway Junior School

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"Developing confident, enthusiastic and happy learners"

Dear Parents and Carers of year 5,

We have been given the excellent opportunity to provide Bikeability Training at Level 1 & 2 to our children in year 5. The date for this will be Tuesday 5th May to Friday 8th May 2026. This safe, structured and standardised programme is designed to make your child a more competent cyclist and prepare them for cycling on the road.

In order to secure your child's place on this course, please make sure you read the information below. Training will be carried out by Bikeability instructors, and will be delivered fully accredited National Standards cycling instructors with enhanced DBS checks. Bikeability instructors will come to the school to deliver the training. They work in schools all over the country and will provide a really enjoyable opportunity for our pupils!

Bikeability is the nationally recognised cycle training programme. It's about acquiring the practical skills to cycle safely and with confidence on today's roads. For children to participate in school Bikeability training, **they must have basic riding skills (without stabilisers).**

There are three Bikeability levels. As a school we will completing levels 1 and 2.

Level 1 is designed to give your child control over his / her bike and will take place in groups on the school playground.

Level 2 will ensure your child is prepared for short journeys such as cycling to school. Training takes place in small groups on quiet, local streets, giving trainees a real cycling experience.

Why are we providing this in school?

SOCIAL

- Cycling can provide opportunities for our pupils to develop their social skills
- It can help them to visit new places in our community
- Cycling can help them to develop some independence

HEALTH

- Cycling is good for your children's health & fitness
- It can help to increase their physical activity levels in a fun and enjoyable way
- It is better for the environment, and us, than a car journey (reduces CO2 and air pollution)

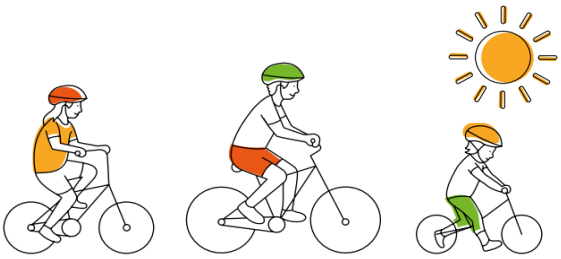
PHYSICAL BENEFITS

- Helps children to develop and use the largest muscle groups. This helps with concentration and focus in school too!
- Cycling helps them to develop good balance and spatial awareness

THINKING

There are many skills Bikeability can help with, including:

- Developing decision making skills
- Planning & organisation
- Independent thinking



What does my child need to take part in Bikeability?

Crucially, your child needs to be able to commit to the full length of the course. If they miss a session, they may not be able to re-join the course since their cohort will have moved on. In terms of equipment, **your child will need a bike which is in a roadworthy condition, the right size for them, have pumped up tyres and two working brakes.** Instructors will show children how to check their bikes at the start of the first session and will ensure that your child's bike is safe for training purposes. BMX bikes are permitted in most circumstances so long as the bike has working brakes, and has not been adapted to the extent that it is no longer suitable for use on the road. The instructors will have the final say on whether your child's bike is safe for them to complete the training on but allowances will be made wherever possible.

What should my child wear to take part in Bikeability?

In most cases, your child may wear their normal school clothes, suitable for the season and weather. Excessively loose clothes may be hazardous and should be avoided. High visibility tabards will be provided by Herts cycling.

Does my child need a cycle helmet?

Cycle helmets are no longer compulsory and are now the decision of parents / guardians / schools to if a trainee should wear one. The view has been taken that this is a barrier for some trainees and could stop them taking the Bikeability course being held at their school. We have already allowed for an exemption for medical or religious reasons and we view the possible financial reasons in the same category. This being said, where possible we would STRONGLY encourage pupils to wear a cycle helmet when completing the course.

How much does it cost?
The cost for the course is £25 for the weeks instruction which is payable in advance via School Gateway. There are limited spaces so it will be on a first comes first serve basis.

Help with the cost of lessons - if your child is entitled to Pupil Premium the school will be able to cover half the cost of the lessons.

What will my child receive on completion of Bikeability training?

Children who successfully complete Bikeability training are awarded a badge and certificate.

Kind regards

Mrs Martin