

Heathlands Primary Academy & Pre-School  
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### **Bikeability for Year 6**

Dear Parent/Carer

We are excited to be able to invite all pupils in Year 6 to take part in a Bikeability Training Course delivered by Bournemouth, Christchurch and Poole Council.

These practical sessions will take place in school during the normal school day **across the week beginning 6<sup>th</sup> October.**

Bikeability trains riders to make independent decisions and practice safe and responsible cycling. It is offered at different levels to support your child's increasing skills and confidence. Riders must demonstrate all assessment criteria for each level independently before they progress on to the next Bikeability level.

Your child's instructor will work with the school to determine if/when your child is ready for the next level.

These levels are:

- **Learn to Ride** – develops basic skills in riding a pedal bike without stabilisers.
- **Playground Bike Skills (Level 1)** - develops cycle handling skills before riding on the road.
- **Residential Road Training (Level 2)** - develops skills for cycling on single-lane roads with simple junctions and moderate traffic.
- **Advanced Cycle Training (Level 3)** - develops skills for cycling on busy, complex roads and junctions.

To book your child on their school Bikeability course please go to:

<https://consent.bikeability.org.uk/eight-chair-psi>

In order to take part, your child will need a working bike and cycle helmet in school on the day of their session (session dates will be sent out after half term). **If you do not have these available, you can book a bike / helmet for your child using the link above.**



Yours sincerely

*M Golding*

**Mr Golding**  
**Deputy Headteacher**