Dear Parent/Carer,

Our school is to receive Bikeability Balance Cycle Training.

The course takes place between:

- **6th – 9th March 2023**

This course will involve the use of Balance Bikes and all equipment (helmets and cycles) is provided by the training provider, Learn Cycling.

Bikeability Balance is a series of school-based cycling sessions that aims to give children basic balance and co-ordination skills on cycles. It involves fun games carried out on balance bikes (bikes without pedals) to develop handling and awareness.

Balance Bikes are an amazing tool in order to enthuse children about cycling and offer a really positive early experience of being on two wheels to develop the skills that they will need to take part in Bikeability Level 1, which is usually delivered in school Years 3 or 4.

Children who can already ride pedal bikes will also love the sessions as the course involves games and activities that can only be tackled on balance bikes, e.g. sharing space with others and teamwork.

After the training sessions have been completed, pupils will be awarded a certificate.

Normal school clothes are fine but in the case of cold weather, please provide pupils with coats and gloves.

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PARENT/CARER CONSENT FORM - Please complete and return this to school as soon as possible.

Child's Name:.....

I, ……..being the legal parent/carer of the above named child hereby give consent for my child to participate in the forthcoming Bikeability Cycle Training Course.

Signed:…… Date:.....

Please list any medical or other conditions or Special Educational Needs, which may be of relevance:

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