

Dear Parent/Carer

Our school is to receive free Bikeability Learn to Ride training.

The course takes place on 16th & 17th September 2021

Bikeability Learn to ride is a series of school-based sessions that teaches children how to ride a pedal bike. The course initially involves working on balance and coordination. Following this and once they have sufficient balance skills, we transition them to pedal bikes.

Learn to Ride sessions are aimed at getting riders more comfortable at balancing and controlling their bikes. More practice will be required following the training to consolidate these skills and demonstrate confident bike handling required at Bikeability Level 1 & 2 which are completed in later year groups.

What will the children learn? Sessions are interactive and fun. Children will learn to:

- Get on and off a bike comfortably
- Set off with control
- Stop with control
- Make the bike go where they want

Course Requirements:

- **We can provide bikes for children but if bringing their own, please remove stabilisers (if present) before the course.**

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Year 2 'Learn to Ride' Training



PARENT/CARER CONSENT FORM - [please return this to school.](#)

Child's Name: _____

I, _____ being the parent/carers of the above named child

hereby give consent for my child to participate in the forthcoming Learn to Ride Course.
I understand that the training takes place under supervision of National Standard instructors.

Signed: _____ Date: _____

My child needs to borrow a bike for the session (please tick) ☐

My child needs to borrow a helmet for the session (please tick) ☐

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

[PLEASE RETURN THIS TO THE SCHOOL AS SOON AS POSSIBLE](#)