



St. Edmund's Catholic Primary School

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Dear Parents/Carers,

BIKEABILITY CYCLE TRAINING - FOR CHILDREN IN YEAR 6

We have been given the excellent opportunity to provide free Bikeability Level 1 and 2 cycle training to our children in year 6. The training will be provided by Cycle Confident Ltd who work with the Road Safety department at Enfield council.

Our training will commence on **1st November** and will run over a 5 day period.

What is Bikeability?

Bikeability is the Cycling Proficiency Test for the 21st century, designed to give children the skills and confidence to ride their bikes on today's roads.



More information can be found here: <https://www.bikeability.org.uk/>

There are three Bikeability levels-children may be able to complete Level 1 and 2 during this training. Children are encouraged to recognise that there is always more to learn and to enjoy on a bike.

LEVEL 1: On this course children will learn how to:

- Prepare themselves for a journey
- Check the cycle is ready for a journey
- Set off, pedal, slow down and stop
- Pedal (including looking behind, cycling one handed, turning and controlling speed)

If children are successful in completing Level 1 over the first 2/3 days then they can progress to Level 2.

LEVEL 2: On this course children will learn how to:

- Cycle safely and responsibly
- Identify and respond to hazards
- Start and stop on-road journeys
- Maintain suitable riding positions
- Share the road with others and communicate with other road users

- Comply with signals,

signs and road markings



- Manage risk when cycling
- Negotiate junctions (pass side roads, turn at T junctions, and crossroads and roundabouts if present).

Training is carried out by 2 fully accredited National Standards Cycling Instructors with full enhanced DBS (formerly CRB) checks and many years of experience providing this form of training.

PLEASE NOTE: Pupils taking part must have **their own roadworthy bicycle** of an appropriate size in relation to their height. Where bicycles are deemed too small or too big by the cycling instructors, trainees **may not** be able to attend the course.

Pupils need to be able to bring their bicycle to school on all days. Children also need to bring a cycle helmet.

You have already been sent a text with a link from the school if you would like your child to take part in the training. **There are 24 places available.** Places will be offered on a first come first served basis.

Thank you for your support in this matter.

Yours sincerely,

Miss Osborne

PSHE/RHE Lead

