



24 May 2024

Dear Parents/Carers

Yr 6 Bikeability Level 1 and Level 2 - Free

We are pleased to share with you information regarding Bikeability Level 1 and 2 courses which will run at Greenway School in the summer holidays. These courses are run by qualified staff on our school site and using the surrounding roads. These will enable your child to be confident and competent bike riders.

Bikeability is government-recognised, practical and professional training, and we know that cyclists are more skilled and more confident once they've taken part. Riders will usually be trained in a group of 3-12.

The Bikeability Level 1 course aims to develop mastery in cycle handling in an off-road environment and prepare riders for cycling on the road. Riders must be able to cycle (i.e. pedal and glide) to participate in Bikeability Level 1.

At level 1 riders:

- 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)

The Bikeability Level 2 course aims to develop riders' skills and confidence for cycling on single-lane roads and simple junctions with mostly moderate motor traffic flows (where riders encounter vehicles with progressively greater frequency in each module), and prepares riders for cycling on more complex, often busier or faster roads and junctions. Riders must have fully demonstrated Bikeability Level 1 National Standard assessment criteria before they start Bikeability Level 2 training.

At level 2 riders:

- 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).

Level 1 training will be running on Monday 19 August

Level 2 training will be running on Tuesday 20 – Thursday 22 August

The training sessions will run from 10am until Midday each day on the school playground. Your child will require a bike, which is in good working order, a bike helmet and appropriate clothing for the weather (training will still run in wet weather) snacks and a water bottle.

Level 1 and 2. You can look in more detail via this link <https://www.bikeability.org.uk/about-cycle-training/cycle-training-for-children/bikeability-level-2/>

If you are interested in booking your child a place please contact Roz Harrison on roz.harri@gmail.com. School will be paying for this course through our Sports Premium grant.

Regards
Katharine Ellwood

