

ABBOTSWOOD SCHOOL

'Helping everyone achieve their best'



'It Really Does Matter'

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Wednesday 3rd October 2023

Year 6 Bikeability

Dear Parents and Carers,

Hampshire Outdoors would like to offer your child the opportunity to take part in Bikeability training. This is the national cycle training programme supported and funded by the Department for Transport. The training has three levels; Level 1 which is based on the playground and builds confidence in children who can already ride a bike, Level 2 which teaches children to cycle on local roads and Level 3 which uses more challenging roads. The instructors will be working on Level 1 and Level 2 Bikeability with the children. The main aims of the course are for children to be able to make a short journey in a safe manner and to be more aware of road safety issues.

If your child is not able to ride a bike, then they can participate with the group on the first day on the playground although, unfortunately, the instructors are not able to support them on the road for the rest of the sessions.

Bikeability builds confidence with cycling and helps with independent thinking and decision making. All Bikeability training is delivered by qualified, professional, DBS checked, National Standard Instructors.

It is important that children learn to ride on their own bike so that they gain confidence to ride outside of the sessions and use cycling as an active way to travel. Each child will need a fully operational bike with two working brakes and a cycle helmet. If they **do not have access** to a helmet or bike, please let us know and the instructors will endeavour to make the necessary provisions. A thorough bike and helmet check takes place during the first session where any necessary adjustments are made to ensure that the equipment is suitable for the participants. Students are then encouraged to independently do these checks throughout the training week although this is overseen by qualified instructors. Hi-Vis jackets will be provided to all children during the training. Please use the following link in preparation for the training to complete some of these checks with your child: [Cycle Training for Children - About Cycle Training | Bikeability](#).

The course is running from **Friday 10th November until Tuesday 21st November**. Nearer the time, you will be informed on which of these days your child will be completing the Bikeability training. At the end of the training, the children will be given a certificate confirming they have completed the course.

If your child wants to complete the Bikeability training, please complete the Google Form linked below **as soon as possible** so that we can confirm places with the Hampshire Outdoors team.

The deadline for completing the Google Form is **Monday 16th October**.

<https://forms.gle/Sd2TQnT3m1WE46gX8>

If you have any questions, please do not hesitate to contact the school or the Hampshire Outdoors team directly.

Yours sincerely,

Mrs Amelia McCoy
Year 6 Leader