



**ST THOMAS  
MORE**  
VC ACADEMY

## Quality Teaching Services

17<sup>th</sup> November 2020

Dear Parent/Carer

All children in Year 5 will be taking part in Level 1 and Level 2 bikeability training on Monday 7<sup>th</sup> December. This training will be delivered by Mrs Bell and Mrs Stone who are both qualified teachers and bikeability instructors. The course is a government recognised cycle training programme that covers basic skills and control of a bike. Level 1 is conducted on the playground and if your child passes set criteria, they will then progress onto Level 2, which involves learning the correct technique for manoeuvring on the road. This will take place in a location close to school. Those children that are successful will receive certificates and badges. Any children that do not pass will have an opportunity to undergo further training at a later date.

Your child needs to bring into school a road worthy cycle, a cycle helmet if they have one, and come into school in casual WARM clothing as weather conditions are very variable. It is important that trousers are NOT baggy around the ankles. In addition, it is essential that your child's bike has been checked by yourself, please see the attached sheet.

**If your child does not have a road worthy bike, please contact school immediately. Cycle helmets will be provided if required.**

Please note that the course is designed to improve cycle control, and your child should therefore be encouraged to practice beforehand, especially signalling.

**Covid-19:** The [Bikeability delivery guides](https://professionals.bikeability.org.uk/manage/wp-content/uploads/Bikeability-delivery-guides-addendum-Sep-2020.pdf) (<https://professionals.bikeability.org.uk/manage/wp-content/uploads/Bikeability-delivery-guides-addendum-Sep-2020.pdf>) that all registered Bikeability providers and instructors must follow were updated on 1 September 2020 in line with [current government guidance](#) for schools on implementing Covid-19 protective measures.

### **Training Date**

Monday 7<sup>th</sup> December 2020

Please complete the attached sheet and return to your child's class teacher by **Monday 23<sup>rd</sup> November 2020**. If you would like any further information, please contact the school.

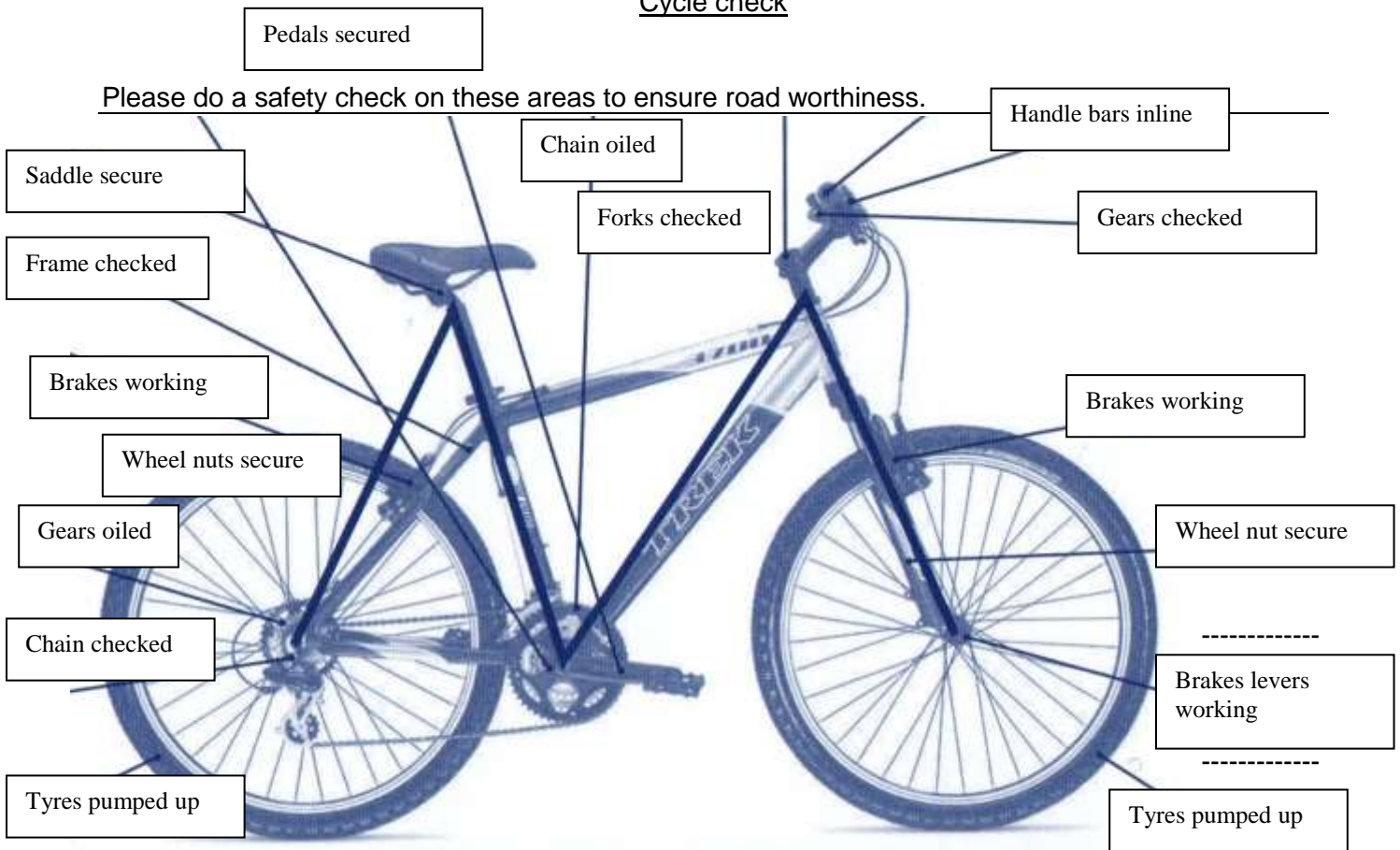
Yours faithfully

Julie Bell/Julie Stone  
School Sports Co-ordinators  
QTS



**BIKEABILITY TRAINING CHECK LIST**

**Cycle check**



**Cycle Training**

I wish my child to take part in the cycle training and I understand that most of the training will be conducted on the road. I have checked my child's bike and it is road worthy.

My child has/has not got a cycle helmet. I am also aware that if my child achieves level 2 Bikeability this does not mean they can ride unaccompanied on a road.

Child's Name..... Class.....

Parent/Carer.....Signed .....Date.....

Home address:.....

.....

Contact telephone number during the course .....

Any special needs the instructor should be aware of:.....