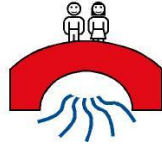


**Loddon
Primary School**



**WOKINGHAM
BOROUGH COUNCIL**

Cycle Experience
Cycling for Fun, for Fitness, for Life.



23rd March 2016

Dear Parent/Carer,

Bikeability Balance

I am writing to tell you about Bikeability Balance, a new initiative to inspire children in Reception and Year 1 to take to two wheels.

Bikeability Balance is a series of school-based sessions that aims to achieve basic cycling balance for children in Reception and Year 1. It involves fun games and activities carried out on balance bikes (bikes without pedals) to develop handling skills and awareness.

Bikeability Balance will provide your child with a positive early experience of being on two wheels and give equip them with some of the skills that they will need to take part in Bikeability Level 1 & 2 which is usually delivered in Key Stage Two.

Why should my child take part in Bikeability Balance?

Bikeability Balance is a fun programme that will help your child learn how to cycle.

Bikeability research has found that 40% of 6 year-olds are unable to ride a bike. Part of the reason for this is that children often get stuck using a bike with stabilisers or a tricycle, and are unable to progress easily to using a bike without stabilisers. By using balance bikes with no pedals, Bikeability Balance sessions focus on developing balance, rather than the ability to pedal. Achieving this balance helps children make the transition to using a bike with pedals.

Other benefits of Bikeability Balance include developing your child's gross motor skills which can accelerate other types of learning as well as improving fitness.

If your child is already able to cycle, on a balance bike or bike with pedals, they can still take part to practice their skills.

How is Bikeability Balance delivered?

- It is delivered by Bikeability Instructors qualified to the National Standard for Cycle Training.
- It will be delivered as four 45 minute sessions per class, spaced 1 week apart from 13th April 2016.
- Sessions can take place indoors or outdoors
- Children may use their own balance bikes but balance bikes will also be provided. Children will not be permitted to use bikes with stabilisers or scooters.
- Sessions are delivered to a maximum group size of 6 children.
- There are 50 spaces available.

What will my child learn?

Your child will learn to:

- Identify parts of a balance bike.
- Get on and off a balance bike comfortably.
- Set off with control.
- Push and glide.
- Stop with control a) with feet, b) with brake.
- Make the bike go where they want.
- Be aware of surroundings (look around).

Your child may also be taught the following:

- How to pedal using a pedal bike
- How to adjust a helmet
- How to adjust a bike

After the training sessions have been completed, your child will be provided with a record of their progress, a Bikeability Balance sticker and certificate.

I do hope you will register your child for this training which is provided completely free of charge by the Borough and look forward to receiving your completed form by Monday 11th April.

Yours sincerely



Sarah Phillips
Headteacher

Risk assessment and safeguarding

Bikeability Balance is delivered by qualified National Standards Cycling Instructors (NSIs) registered with the Department for Transport. Instructors will undertake a thorough site-specific risk assessment before each session and continue to assess risk throughout the session.

Bikeability Balance Registration Form



Child's/Children's name(s) (please print)

Parent/Guardian's Name (please print)

I would like to register the above child/children to take part in the Bikeability Balance course

I do not wish my child/children to be photographed during the training

I do not wish my child/children to take part in the training.

If you are declining the offer of Bikeability Balance, can you tell us why? Your feedback will help us improve the services and opportunities that we offer.

Medical or other conditions which may be of relevance:

Signature:

Date:

Contact telephone number:

School Name:

Please return this form to

Tilly Guiblin – School Office – By 11th April 2016

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