



**WELCOME**

**BIKEABILITY IS COMING  
TO OUR SCHOOL!**

# What is Bikeability?



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Bikeability is a cycle training programme.

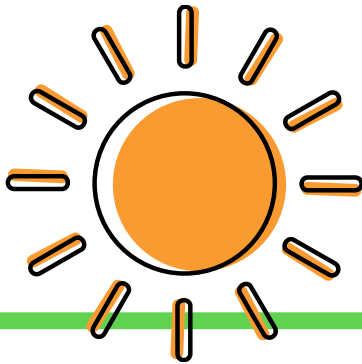
It will provide your children with the skills, knowledge understanding to cycle safely on the roads.

Bikeability will provide them with the confidence for all kinds of cycling in the future.



# Why are we providing this in school?

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## **SOCIAL**

- Cycling can provide opportunities for our pupils to develop their social skills
- It can help them to visit new places in our community
- Cycling can help them to develop some independence

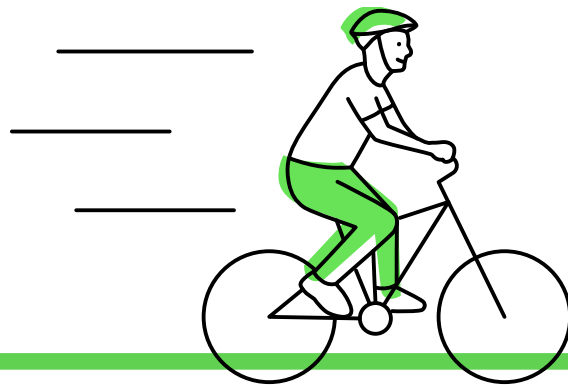
## **HEALTH**

- Cycling is good for your children's health & fitness
- It can help to increase their physical activity levels in a fun and enjoyable way
- It is better for the environment, and us, than a car journey (reduces CO2 and air pollution)



# Why are we providing this in school?

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## PHYSICAL BENEFITS

- Helps children to develop and use the largest muscle groups. This helps with concentration and focus in school too!
- Cycling helps them to develop good balance and spatial awareness

## THINKING

There are many skills Bikeability can help with, including:

- Developing decision making skills
- Planning & organisation
- Independent thinking



# There are 3 levels of Bikeability

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## 1

### LEVEL 1 WILL:

- Be taught in the playground
- Prepare children for a journey
- Help children to check their bicycle is ready for a journey
- Help children to set off, pedal, slow down and stop (including looking behind, cycling one handed, turning and controlling speed)



# There are 3 levels of Bikeability



## 2

### LEVEL 2 WILL:

- Be taught on quiet local roads
- Help children to cycle safely and responsibly
- Help children identify and respond to hazards
- Help children to start and stop on-road journeys and maintain suitable riding positions
- Show children how to share the road and communicate with other road users
- Help children to understand signals, signs and road markings
- Help children to understand how to manage risk when cycling
- Help children negotiate junctions (pass side roads, turn at T junctions, and crossroads and roundabouts)



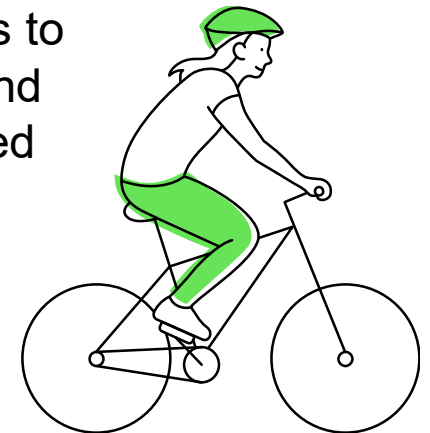
# There are 3 levels of Bikeability



## 3

### LEVEL 3 WILL:

- Be taught on busy and more challenging roads
- Help children to plan a journey
- Help children to plan and ride assertively everywhere cycling is permitted
- Support children to maintain suitable riding positions
- Help children to cooperate with, and respect other road users (including avoiding driver blind spots and riding with others)
- Give children the skills to pass queuing traffic and use junctions controlled by traffic lights



# Who delivers the training?

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Bikeability instructors will come to the school to deliver the training.

They are all trained to deliver National Standard cycle training.

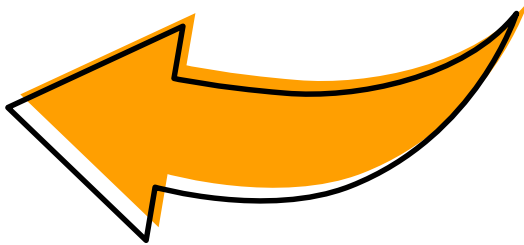
They are all DBS checked.

They work in schools all over the country and will provide a really enjoyable opportunity for our pupils!





# A Bikeability Journey



Watch our short video

# What happens next?

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- You will receive a letter from your school regarding dates of training
- There will be an online consent form that needs to be signed to allow your child to take part (details to follow soon)
- If your child is able to ride but has no access to a bike and/or helmet for training please let the school office know and we will endeavour to source the required equipment on loan.
- If you would like to cycle, but don't feel confident enough to cycle on the roads yourself, do contact the training provider to get some training for yourself too.
- Visit [www.bikeability.org.uk](http://www.bikeability.org.uk) to sign up to the Bikeability Club (advice, competitions, special offers, newsletter etc)