

1. Pre Course Email

Dear Parent/Guardian

We believe that being able to confidently ride a bike is an important life skill for our pupils. To help our pupils develop the skills needed to do so, we have arranged for an instructor from [Little Riders](#) to deliver a **Bikeability Level 1** session for our Year 3-4 pupils.

The **2 hour session** is part of the national [Bikeability cycle training programme](#) and funded by the government via Norfolk County Council.

The session is for pupils who can already ride a bike (without stabilisers) who would like to develop their skills and confidence further. It will take place on the school playground during the school day on **Monday 20th April (AM)**.

During the session, your child will take part in a series of fun activities which will develop a range of skills, including;

- Checking that their bike is safe
- Gliding
- Controlling their bike
- Pedalling
- Being aware of their surroundings.

The Level 1 session will also help prepare them to take part in Level 2 training during Year 5-6.

Your child will need a bike and helmet for the session. If they don't have their own bike or helmet, Little Riders have a small amount that they can lend pupils.

If your child already has their own bike, please could we ask that you;

- Check that your child's bike is in good working order prior to the first session ([Watch video showing how to check a bike is safe to use](#))
- Also, please remove any baskets, doll seats etc as these will only get in the way and add weight to your child's bike,

Parent Consent Form

To confirm that you would like your child to take part in the course, and whether they need to borrow a bike and/or helmet or not, please click on the link below and complete the consent form.

<https://consent.bikeability.org.uk/sight-alike-adult>

Many thanks

INSERT NAME