



Friday 14th February 2025

Dear Parents and Carers,

In March, we will be working with *Cycle Confident* to run Bikeability sessions for a week, every afternoon for our Year 5 children. They will participate in two groups over a two-week period and curriculum lessons will be taught to the children in each group. We are really excited about this opportunity for our children to increase their proficiency and confidence in mastering a life-skill.

Group 1: Monday 3rd - Friday 7th March

Group 2: Monday 10th - Friday 14th March

Bikeability is the nationally recognised cycle training programme and is provided to us by Hackney Education for free. The sessions are led by expert instructors and focus on children acquiring the practical skills to cycle safely and with confidence.

Children will participate either in Level 1 or Level 2 training depending on their current level of proficiency. As you will see from the explanation of each level below, your child does not need to know how to ride a bike yet to be able to participate.

Level 1	Level 2
Level 1 is an exciting gateway to starting your cycling adventure. A journey of many miles starts with the first step. Level 1 takes place off-road, in our school playground. This means that children can learn in a traffic-free environment.	Level 2 teaches children how to grow more confident with each turn of the pedal. After lots of practice in the playground, the instructors will lead riders onto quiet roads, to experience "real" cycling.
<b>What will I learn?</b> <b>Maintain your bike:</b> make sure your ride is in tip-top condition and make simple repairs <b>Glide:</b> smooth, calm and collected <b>Control your bike:</b> including setting off, cruising, slowing down, braking and stopping. You'll even learn to pedal one handed! <b>Pedal:</b> without feeling wobbly or out of control <b>Be aware of your surroundings:</b> looking behind and turning around obstacles	<b>What does Level 2 teach?</b> Start and stop with more confidence Pass stationary vehicles parked on a road Understand the road: signals, signs and road markings Negotiate the road: including quiet junctions, crossroads and roundabouts Share the road with other vehicles

Please visit the Cycle Confident website for more information and a series of videos so you can follow up on learning at home: <https://cycleconfident.com/bikeability>

We encourage all children to wear a helmet and these must be provided by parents/carers. If one is not provided, the children can still participate. If possible, your child should ride their own bike. If your child does or does not have a bike, please indicate this the google form. Hackney Council will provide a small number

Our children participate in Bikeability every year and their feedback about the sessions is always incredibly positive. Please complete this google form by **Monday 24th February**: <https://forms.gle/1WdUXpCXX9YsKij68>

If you have any questions about the sessions, please come and speak to us and we will happily answer these for you.

Anna Case and Natasha Pires