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Monday 10<sup>th</sup> February 2025

Dear Parents/Carers of Lions Class

### **Level 1 Bikeability Course**

I am pleased to inform you that we have booked Level 1 Bikeability training for our Year 4 children on Friday 21<sup>st</sup> March 2025. The cost of this training is £5.00 per pupil, which school is paying for using our sport premium grant.

Bikeability is the new cycle training for the 21<sup>st</sup> century, designed to give the next generation of children the skills and confidence to ride their bikes on today's roads. To get their Level 1 Bikeability award, children will be instructed on how to ride their bikes to the Government-approved National Standard for Cycle Training, which sets out the training and skills essential for making cycling trips in today's road conditions. The standard has been developed by over 20 organisations and is maintained by the professional body for cycle training, the Cycle Training Standards Board.

Level 1 is covered in a traffic free environment and will take place on the school playground. By completing Level 1, your child will be able to demonstrate the skills and understanding to be able to make a trip and undertake activities safely in a motor traffic free environment and as a pre-requisite to a road trip. Children will be encouraged and inspired to achieve the level, recognising that there is always more to learn and to enjoy on a bike.

If your child is able to ride a bike and you would like him/her to complete this training, please take note of the following:

Firstly, your child should be able to balance and control their bike without additional support (e.g. stabilisers). You also need to ensure that your child's bike is suitable and safe, please use the bicycle checklist posted on Class Dojo to help you. The first step to safer cycling is to ensure that bikes are regularly checked and children doing their Level 1 Bikeability will be shown what to look out for and simple maintenance. The instructors will reserve the right to refuse to take out any child whose cycle is not the correct size or is considered un-safe.

You should ensure:

- Saddle and handlebars are adjusted to the correct height
- Brakes are functioning
- Tyres are pumped up with no punctures

It is also important that your child is dressed appropriately for the training:

- It is a requirement that your child wears a properly fitted, undamaged and approved cycle helmet throughout the scheme.
- Think about the weather – if it's raining you might want to ensure that your child has waterproof clothing with them
- Ensure your child is wearing shoes with a closed heel and toe
- High-visibility vests will be provided for each child on the day

Once your child has completed the Bikeability training, they will receive a luminous badge, booklet and certificate.

Bikeability is not just about teaching children to ride a bike and equipping them with the necessary skills and knowledge needed to ride a bike safely throughout the rest of their life. It's also about introducing them to cycling as an everyday activity – an alternative mode of transport, an enjoyable pastime, which brings a healthier lifestyle and ultimately lots of fun. Bikeability will give your child a life skill that once they've learnt, they will never forget.

For further information about Bikeability training, you can also visit the Bikeability website for more detailed information [www.bikeability.org.uk](http://www.bikeability.org.uk) / <https://www.worcestershire.gov.uk/transport/cycling>

If you have any questions about Bikeability training, please feel free to contact me.

If you would like your child to take part in this bikeability training, please scan the QR code below in order to register your child and given consent for them to take part. Once a child's details are registered, I will be able to access them and the manage organisation of the training.



*S. Baker*

Mrs S Baker

