



Dore Primary School

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Year 5 - National Standard Bikeability Cycle Training Levels 1 and 2

Y5H Turkey: 10 to 14 October
Y5M Egypt: 17 to 21 October



Dear Parent/Guardian

In October, we hope your child will be able to receive Bikeability Cycle Training. This training is designed to give children the skills and experience to cycle safely and confidently. It is Cycling Proficiency for the 21st century and involves cycling in both an off-road playground environment and on roads around the vicinity of the school. There will be an expectation that children can ride a bike already without assistance or stabilisers.



Children enjoy cycling and of course it brings many health benefits, develops confidence and gives them independence. Children who have been trained are much safer and, in addition, tend to cycle more. This training is being promoted by the Council and is being carried out by a company called Cycle Experience, www.CycleExperience.com.

This training is fully funded by the Council and is totally free to pupils in the City borough of Sheffield.

I am writing to invite you to register your child for this training. If you would like to register your child they will need:

- **A bike which is roadworthy and the correct size** for your child. A bike check will be carried out on the first day and any bike which is not roadworthy will not be used on the course. I've attached a bike check form to help you ensure that your child's bike is in a roadworthy condition. **Bikes need to be taken home each night, please let us know if this is a problem.**
- **A cycle helmet** (which must be of the correct size and fit properly.)

In addition you will need to ensure that your child:

- Has sufficient **warm clothing** including gloves (sessions are between 1 and 2 hours and are outside). High visibility tabards are provided.
- Has some **wet weather clothing** e.g. a shower or waterproof jacket as a minimum. The training will continue in light to moderate rain but will be suspended if there is a heavy downpour.

Your child will be attending a Level Two training course and therefore, there will be an expectation that they can ride a bike already, able to balance on their bike, look behind them without wobbling and hold a signal for at least 3 seconds. At the end of the training course they will either have achieved Level Two or Level One. If they achieve Level One you will receive a feedback form highlighting what your child did well and what they need further practice in to achieve Level Two at a later stage. On the very rare occasion where a child doesn't come out onto the road they will receive a Pre-Level One attendance certificate and feedback form.

I do hope you will register your child for this training and look forward to receiving your completed forms by 30 September 2016.

Yours sincerely

Mr Hanks and Mr Mills





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I would like a place for my child _____ to take part in the Bikeability Cycle Training.

- I am happy for them to be photographed.
- I am not happy for them to be photographed.

Medical issues: _____

Signed _____ (Parent / Guardian)

