

# Grove Road Primary School



26<sup>th</sup> April 2018



## Cycle4LIFE

Cycle Training For Life!

Registered Bikeability Trainers  
British Cycling Level 2 Coaches  
CTC Mountain Bike Leaders

01525-382343

Dear Year 5 Parents

### BIKEABILITY – LEVEL 2 ROAD CYCLE TRAINING

We are pleased to offer your child a place on a “Bikeability” road cycling training course, run by Cycle4LIFE. The cost of this course is usually £40 per child, but this is being part-funded by FOG, reducing the cost to **£28.50 per child**.

The skills that the children learn will last a lifetime and include not just riding ability but also self-reliance, decision-making and how to keep fit and healthy.

The course of four 2-hour sessions is run by qualified Cycle Trainers, and will be held in school hours between Tuesday 22<sup>nd</sup> and Friday 25<sup>th</sup> May 2018.

Sessions are very interactive and enjoyable and each child is able to achieve their own best level. Your child should already be able to ride and control their bike. Session 1 takes place on the playground and fun games and activities are used to teach basic bike skills such as looking behind and signalling. The children then progress to following a planned route around roads near the school. Here they will watch, discuss, then practice a variety of cycling manoeuvres using different road situations. **All sessions must be attended because the skills build up gradually.**

Your child will need a correctly-sized well-maintained bike, preferably with gears, bike helmet and suitable clothing for riding a bike (trousers for girls) and are required to bring their bike in daily. **Please check your bike against the roadworthiness checklist before the course.**

We are keen that this training is inclusive and should your child not have a suitable bicycle, a loan bike can be provided by Cycle4LIFE and a contribution towards maintenance of £5 is requested. Cycle4LIFE also offer a cycle service on your own bikes at your home or at school. **Their contact details are at the top of this letter if you require this service.**

**PLEASE SIGN AND RETURN THE ENCLOSED CONSENT FORM FOR CYCLE4LIFE. PAYMENT IS REQUIRED ON SCHOOL GATEWAY NO LATER THAN Monday 14th MAY.**

Yours sincerely,

Mr Francis & Mr Tompkins  
Year 5 Teachers