



Bishop Wood C of E Junior School

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Mr G Stanley, Headteacher

Tuesday 15th September 2026

Dear Parents and Carers,

Year 6 - Bikeability Cycle Training Course

During our Fun, Fit and Fruity Week, the week beginning 19th October, your child is invited to join a level 1 and 2 Bikeability Course. The cost of this training is £27.50 which is subsidised by grant funding from central government. If your child is in receipt of Free School Meals or Pupil Premium we may be able to help with this payment, so please get in touch via admin@bishopwood.herts.sch.uk

What is Bikeability?

Bikeability is the government's national cycle training programme that teaches children practical cycle skills and how to cycle safely and confidently on roads.

Cycle training is taught by friendly, qualified Bikeability instructors. Courses include Level 1, where children learn the fundamentals of cycling in a traffic-free environment and Level 2, where they learn cycling techniques and road safety on quiet roads.

Find out more here: <https://www.bikeability.org.uk/>

The **Level 1 course** will be playground based and must be passed before undertaking the **Level 2 course** which will take place on local roads for those who have reached the required standard of cycle control. The on-road sessions include starting, stopping, overtaking, making U-turns and turning left and right into road junctions.

Children will need to have a **roadworthy cycle** and helmet together with clothes appropriate for cycling and the weather conditions. Children will also need to attend each day of the course.

A roadworthy cycle is age and height appropriate and has:

- Inflated tyres, as hard as an apple
- Two working brakes
- A well-oiled chain
- A saddle and handlebars fixed on tight

Please note that the course is designed to improve cycle control, **not teach children to ride**. Children should therefore be encouraged to practise beforehand, especially with regard to signalling (taking an arm off the handlebar briefly to indicate direction of travel).



He came so that we can 'be the best
version of ourselves, enjoying life in all its
fullness.'



Places are limited, so if you would like your child to take part please sign them up on the school Gateway and make payment as soon as possible.

The deadline for sign up will be 25th September

Thank you,

Janet Reeve, Chris Ing and Ella Thomas