

Dear Parents/ Carers,

We have arranged for all Year 5 pupils to take part in the Bikeability scheme during the Spring term.

### **What is Bikeability?**

Bikeability is a national cycle training programme in England. It's about gaining practical skills and understanding how to cycle on today's roads. Bikeability gives everyone the skills and confidence for all kinds of cycling. Bikeability courses are available throughout the year in most local authorities in England. Children and adults can be trained individually or in groups, through school, clubs or private tuition.



### **What is the National Cycle Training Standard?**

The National Standard for Cycle Training sets out the skills needed for cyclists to be competent and confident using their bikes for all sorts of journeys. Building on the experience of cycling proficiency the National Cycle Training Standard has been developed by over 20 expert organisations in response to public demand for a modern, nationwide scheme that caters for today's road conditions. The Standard is a progressive scheme that moves through levels to give parents the reassurance that their children have the necessary skills and confidence to cycle at each stage of their development and particularly to cycle to school.

### **The Course**

A training scheme based on the levels established by the National Standard for Cycle Training and is as realistic as possible. The course uses a combination of demonstration, drills and games to impart and embed the required knowledge and skills. When ready, trainees' cycle on the road, accompanied by the Instructors to the various drill sites and learn how to interact with other road users in a safe and responsible manner. The course is fun and enjoyable.

First Grade Sports Ltd is the appointed contractor for Cycle Training for the Bolsover District Active Schools Network and has worked with Town End for many years.

**We have currently booked all Year 5s to complete their bike training on either the 4<sup>th</sup> or 5<sup>th</sup> April 2022. This is for every Year 5 pupil.**

To help aid the planning of these sessions, please click the link below and complete the form.

<https://forms.office.com/Pages/ResponsePage.aspx?id=nSWMqvZyxkiAX8rAq1Stbv-yUFXOI4pIt5ZzCPJh0xxUMFRSSzBGUzKxWEIHSFo1NVdLVEE2S0FNQi4u>

If you prefer a paper version, please speak to a member of staff on the gates at drop-off/pick up.

Once we have had a chance to create groups, you will be informed which day your child will be completing their Bikeability session.

Any questions, please do not hesitate to contact school.

Mr D. Smith

PE and Sports Lead

Town End Junior School - Alfreton Road, Tibshelf, Derbyshire, DE55 5PB  
www.townend.derbyshire.sch.uk 01773 872306 info@townend.derbyshire.sch.uk

**Executive Headteacher: Zoë Andrews**