



Dear Parents / Carers,

We are pleased to again offer FREE Bikeability Level 1 cycle skills training for our Year 4s in 2025/26.

We have booked training in Term 2, 28 November 2025 with our local provider, Life Cycle. The training will take place in the school playground, with qualified instructors, but children must be able to cycle already, it is **not** a learn-to-ride course. The 2-hour course takes the children through cycle control skills and it a great preparation to enable the children to better access the on-road training later in their school journey.

Each child needs a **roadworthy cycle**, with front and rear working brakes and tyres fully pumped up, to take part in the training, and a helmet.

Places are limited so if you wish your child to take part in this training, please complete your consent online via the link / QR code below. Please do this as soon as possible to allow us to confirm the training dates with Life Cycle.

Once you have submitted your consent you will receive helpful information by email about the Bikeability training and how to prepare your child and their cycle. We will let you know nearer the time what day you child's training will take place.

If your child has not done much cycling recently, we'd recommend that you encourage them to practise on their bike before the training and do check the saddle in case it needs to be raised.

URL: <https://consent.bikeability.org.uk/got-rise-wall>

QR code:



Best wishes,