

4th March 2021

Dear Parents and Carers,

I am very pleased to confirm that our plans to run Bikeability sessions for the first time can go ahead later this month. I would ideally have given you details sooner but we have only just received confirmation that it can go ahead. The Hertfordshire cycle training instructors will come prepared with PPE and have of course been given permission to resume training as a result of the Covid-19 guidance updates.

There is no cost to parents this year as it is being funded by the school as we trial the initiative. Our aim is to offer the training each year to enable all children to achieve the level one standard by the time they move onto middle school.



The schedule is as follows:

Monday 22nd March

Early Years class In two groups over the morning, the children will complete the one-hour **Beginner Biking and Fun Skills** course where they will focus on their balance and confidence on their bike.

Each child taking part will need a bicycle with pedals and no stabilisers and a helmet. Every child can also have an adult from their household bubble to work with them who will need to wear a mask. If you would like to join your child, it will be a chance to observe how to support your child to continue in the biking skills. The session will last for one hour. Either 9.15 – 10.15 or 10.45 – 11.45. All pairs of children and adults will be kept at a safe distance from each other and will be outside in the playground at all times.

Once we know who would like their child to take part, we will allocate a time slot. Please do indicate on the slip below which slot would suit you if you are working. We plan to run Bikeability every year and so if you decide that your child for any reason in Early Years should not take part this time, then they can take part next year.

Year 3 and 4: All children in Y3 and 4 will take part in the first session of the Level One Bikeability course during the afternoon of the 22nd. They will need their own pedal bike and helmet to take part.



Year 3 and 4 **do not** need an adult with them. We expect all children in these year groups to take part.

The first session will last for two hours and they will remain within the school grounds at all times.

The course will consist of:

- an understanding of bike safety
- how to control the bike
- riding safely
- carrying out a simple bike check.

Tuesday 23rd March

Year One and Two: In the morning, the children will complete the **Beginner Biking and Fun Skills course**. **They will need their own bike with pedals and no stabilisers and a helmet. Every child can also have an adult from their household bubble to work with them who will need to wear a mask.** If you would like to join your child, it will be a chance to observe how to support your child to continue in the biking skills. The session will last for the morning but you do not need to stay for the whole session (unless you want to!). All pairs of children and adults will be kept at a safe distance from each other and will be outside in the playground at all times. We expect all children in Year 1 and 2 to take part.

Year 3 and 4: The children will all continue take part in Level One Bikeability for a second 2-hour afternoon session. Bikes for these children can be left safely on site on Monday night.

The cycling team say: *With the increase in cycling during the COVID 19 period we feel it is more important than ever that children are taught how to cycle correctly and thank you for giving us and the children this opportunity.*

I know many of our families have been keen to start cycle training at school, and I do hope that your child will be able to take part. If you have any questions, please do email me or speak to me when you see me. Please complete the permission slip at the bottom of this letter and return to school by Wednesday 10th March. If you have no access to a printer, please email your permission and details to admin@reed.herts.sch.uk

Best wishes

Mrs Wittich

Bikeability March 2021

Child(ren):

Class(es):

I give permission for my child to take part in Bikeability

I **do not** give permission for my child to take part in Bikeability.

If permission has been given, I confirm that my child(ren) has a pedal bike without stabilisers and helmet which I will supply on the day.

My child is in Early Years or Infants and the following adult will support them at the session:

My child is in Early Years and the supporting adult is working, they would need the following hour slot to able to attend:

9.15 – 10.15

10.45 – 11.45