



Tuesday 1st September 2026

Year 5 Bikeability Monday 14th September and Tuesday 15th September

Dear Parents and Carers,

We hope that you are well and that you had a wonderful summer holiday. We are looking forward to welcoming the children back on Thursday and can't wait to hear all about their 6 weeks off.

I'm delighted to share that we have booked a Bikeability Level 2 Course for all of our Year 5 pupils.

This will take place on Monday 14th September and Tuesday 15th September and is free of charge.

Bikeability Level 2 – Why take part?

Cycling is fun, keeps us fit, and helps keep the air we breathe cleaner.

Bikeability cycle training enables riders to cycle skilfully and confidently, and contributes to more people cycling, more safely, more often.

The Bikeability Level 2 course is delivered on pre-assessed single lane roads near the school, which have low to moderate traffic flow.

The main aim of the course is for riders to be able to demonstrate that they are confident and able to demonstrate that they can cycle safely on single-lane roads and safely negotiate simple junctions using the four key elements for safe and responsible cycling:

- Making good and frequent observations.
- Choosing and maintaining the most suitable riding positions.
- Communicating intentions clearly to others.
- Understanding priorities on the road, particularly at junctions.

The level 2 course comprises of three modules:

- Cycle safely and responsibly
- Share the road with others
- Manage risk when cycling

These are delivered through a series of practical activities.

Minimum requirements for participation

To take part pupils:

- Must be able to ride a bike without stabilisers and be ready to learn how to ride on the road.
- Will need a suitably sized bike that is in a roadworthy condition
- Must have two working brakes on their bike
- Should wear appropriate clothing for the activity. (Children can wear their own clothes which should include suitable footwear and clothes that aren't baggy or that could get in the moving parts of the bike. They will need to be dressed appropriately for the weather and may need waterproofs)
- Are advised to wear a helmet during training
- Will need to bring a water bottle and a small snack.

A bike check is included in the training, and instructors may not allow trainees to continue if they consider that the bike or any other factor (for example clothing, behaviour, etc) will put them at risk.

How does the course work?

The course is run over 2 full consecutive days. (9.00am – 3.00pm)

Before being taken out on the road all trainees will go through a Bikeability Level 1 recap session, on the school playground (day 1, 9.00am – 11.00am)

Trainees must complete the first day of their course in order to proceed to the second day

How can my child take part?

You will need to register and sign your child up to take part for this activity **by Wednesday 9th September.**

If the online consent form is not completed by this date trainees are unable to participate on the course.

Consent can be made by visiting this hyperlink

<https://consent.bikeability.org.uk/vow-ram-fur>

What do the trainees get?

Bikeability creates positive learning experiences in which all trainees make progress and none fail.

At the beginning of the course each child will receive a high visibility draw string bag which is provided for them to carry a snack and water bottle while they are out on the road.

At the end of the course each child will receive a Bikeability Level 2 certificate, (please note this is not a qualification) and badge, recognising the progression they have made on the course.

We thank you as always for your support.

Please do not hesitate to contact myself, Miss Edwards or the school office if you have any queries or questions

With best wishes

Mrs J Richardson
(Deputy Headteacher)

“Dingle Community Primary School, where every child has a **V.O.I.C.E**”

V-be **V**alued for who you are, **O**-have **O**pportunities to grow, thrive and make a difference. **I**-feel **I**ncluded with a sense of belonging. **C**-**C**are for and be part of our community. **E**- have high **E**xpectations of ourself and others.

“A child who feels heard becomes a child who dares to dream”