



MANOR COURT Community Primary School

incorporating Manor Court Early Years Centre

A Member of Preston Primary Academy Trust

Head Teacher Mr L Talmage

Deputy Head Teacher Mr A Clode **Assistant Head Teacher** Mrs G Terry

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Thursday 7th November 2024

Dear parents and carers,

Re: Bikeability Training 3rd and 4th December / 5th and 6th December

We have just arranged for two separate cycle training courses for children in Year 5, in conjunction with Somerset Road Safety, to take place in school on Tuesday 3rd and Wednesday 4th of December, with the second on Thursday 5th and Friday 6th December 2024.

The 'BIKEABILITY' course has been designed to give the next generation of cyclists the skills and confidence to ride their bikes on today's roads. It will introduce them to cycling as an everyday activity, and as an alternative mode of transport, which brings a healthier lifestyle. We consider cycle training to be an important life skill and would encourage you to enroll your child on this course.

Pupils must be able to **ride and control a bicycle** to take part in the course. The course consists of several sessions, including work in the classroom, practical manoeuvres conducted in the playground, followed by on road manoeuvres. The children will be cycling on the roads surrounding the school. They will be asked to wear high-visibility jackets.

Pupils will need a **ROADWORTHY** bicycle, helmet and suitable clothing and footwear for use on this course for **all** sessions. During the first session, your child's bicycle will be checked over and if deemed unsafe, your child will not be able to take part. If after the playground session, the instructors feel your child is not yet safe enough to ride on the road then their sessions will not continue, and they will return to class based learning.

There is **NO COST** for the Bikeability training. Children will have regular breaks and will eat lunch with their peers as usual. There is the opportunity to keep the bicycles in school safely in the classrooms overnight to save them going home over the sessions.

Each Bikeability course runs over the duration of two days. Children will be allocated either the Tuesday and Wednesday, or Thursday and Friday sessions. If there is not enough take-up then only one of the courses will run.

There are twenty-four spaces available, the courses will run on a first-come, first-served basis, so if you would like your child to take part in this opportunity, please can we ask that you sign your child up via your ParentPay account by no later than **Friday 22nd November 2024**.

If you would like to discuss the Bikeability course or any aspect of your child's learning, please speak to Mrs Terry or myself.

Kind regards,



Mr P Johnson
PE Lead and Year 5 Teacher

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