



Dear Parents/Carers,

We are delighted to offer **FREE Bikeability Level 1 cycle skills training** for Year 4 pupils in Term 5 (April / May 2026), delivered by our local provider, **Life Cycle**.

Training Dates:

- Friday 24th April 2026
- Friday 1st May 2026
- Friday 8th May 2026

About the training:

- Level 1 teaches children cycle control skills and builds confidence in a fun and enjoyable way.
- It is a half-day session, running in the afternoon.
- It is **not a beginners' course** – children must already be able to ride a bike.
- Training takes place on the school playground with qualified instructors.

Requirements. Children must have:

- A roadworthy bike with working front and rear brakes and fully inflated tyres.
- A correctly fitted helmet.

How to book:

Places are limited. Please complete the online consent form via the link or QR code below **as soon as possible** so we can confirm dates with Life Cycle. The deadlines for bookings is Monday 20th April.

Once you submit consent, you'll receive helpful information by email, including:

- How to prepare your child for training.
- Helmet fitting guidance.
- Bike safety checks.

If your child hasn't cycled much recently, please encourage them to practise and check their saddle height.

We will confirm your child's training dates nearer the time.

Thank you for your support.

URL: <https://consent.bikeability.org.uk/sixty-fix-tape>

