

Bikeability – October 2018

Year 5 and 6 have had a fantastic week completing their Level 1 and 2 Bikeability course. They have practised both on the playground and around the village.

Year 3 and 4 completed the 1-day Level 1 Bikeability course.



The instructors really helped us and gave us good feedback!

HH



We had an amazing instructor called Cameron!

JC



I enjoyed practicing the bike skills out on the road.

MH

'Bikeability' is a cycling proficiency test designed to give pupils the skill and confidence to cycle in a safe manner. Level 1 Bikeability is delivered in a traffic-free environment (i.e. the school playground) whereas level 2 includes 'on-road' tuition, this element of the training is essential. Accredited instructors will supervise the group throughout each stage of the training and ensure that all the appropriate safety precautions are being taken.

Cycling is a fun, healthy and environmentally-friendly activity, but there are health and safety issues to be considered - especially with young pupils using bikes to travel to and from school. Our cycling proficiency training aims to develop skills in a fun yet safe environment while promoting cycling as part of a healthy, active lifestyle.

