



*Holy Family Catholic Primary School*  
*Hall Lane, Cronton, Cheshire WA8 5DW*  
*Tel: 0151 424 3926 Fax: 0151 420 3177*  
*Headteacher Mrs J Cook-Hannah*  
*We pray together, play together, learn together.*

Wednesday 28<sup>th</sup> September 2016.

Dear Parent / Carer,

Year 5 will be taking part in bicycle training on **Friday 14<sup>th</sup> October and Friday 21<sup>st</sup> October 2016**. Bikeability is the new Cycling Proficiency for the 21st century. It's designed to give the next generation the skills and confidence to ride their bikes on today's roads. We will teach children to ride a bike to National Standards and introduce them to cycling as an everyday, fun, healthy activity and an alternative mode of transport.

**Your child will learn to:**

- Identify parts of a bike.
- Get on and off a balance bike comfortably.
- Set off with control.
- Push and glide.
- Stop with control a) with feet, b) with brake.
- Make the bike go where they want.
- Be aware of surroundings (look around).
- Understand the Green Cross Code.



**Your child may also be taught the following:**

- How to adjust a helmet
- How to adjust a bike

Please can you complete the consent form and return it to school as soon as possible so that I can confirm the details with the staff from Bike Right.

Many thanks,

Mrs Quigley ☺