



Bikeability Training - Learn to Ride

Dear Parent and Carers,

Great news! We will be coming to your school to do Bikeability training with your children in years 3,4,5 and 6, on 5th February 2026.

What is Learn to Ride: This course aims at building a child's confidence in sitting on a bicycle, setting their pedal, setting off and stopping. Once a child can confidently do this the next step is increasing the length of their glide until they can push down on the other pedal.

Why should my child take part: Riding a bicycle is a life skill, better learned young.

The Learn to Ride session focuses on developing balance and confidence. Achieving this helps children make the transition to using the pedals to drive the bike forward.

Other benefits include learning motor skills which can accelerate other types of learning and improve fitness.

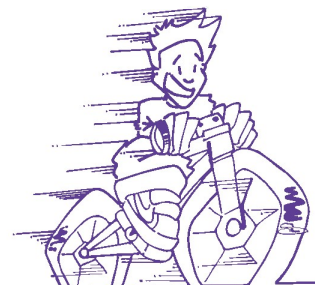
What will they learn to do: Identify parts of the bike/getting on and off a bike comfortably/set off and stop with control/make the bike go where they want/be aware of surroundings (look around)

How is it delivered: Bikeability Instructors deliver a 45-minute session. Sessions take place outdoors.

Children will require to bring their own cycle in to practise on. Loan bikes available on request. **The course is £5. Places are limited.**

If you would like your child to take part, click on this link or scan the QR code:

<https://consent.bikeability.org.uk/speed-chase-hair>



Kind regards,

BeSpoke CI