



2nd December 2024

Year 4 Bikeability Level 1



Dear Parent/Carer,

At Hamstel Junior school, we will be offering Bikeability Level 1 training in the spring term. Bikeability Level 1 training is for children who can already ride a bike unaided to develop their skills so that they are able to control their bikes safely and competently. If you would like more information, please visit the [Bikeability website](#).

Please see below to find out when your child's class will receive their Bikeability Level 1 training next term.

Friday 10 th January	Wednesday 22 nd January	Thursday 23 rd January
4M 4H	4B 4Da	4D

Please complete the [online Bikeability Level 1 Consent Form](#) by **Friday 13th December** for your child to participate or use the QR code below. *Not sure what 'Eligible for Pupil Premium' means? Tick this if your child receives free school meals.*



During the course your child will need:

1. A bike that is of the correct size and is roadworthy (refer to the [ABCD check guidelines](#)).
2. A cycle helmet that fits ([refer to the cycle helmet guidelines](#)).
3. The correct clothing and footwear for riding a bike outdoors and the weather conditions on the day (waterproof coat, hat and possibly gloves).

There will be a limited number of bikes and helmets available to borrow but children will benefit most from riding their own bikes. If your child brings their own bicycle for the training, please ensure they lock it securely in the bike shelter and they have the key / know the code to the lock. *Please note, the Cycle Southend Team will check your child's bicycle is safe to use before allowing them to participate in the Bikeability sessions.* If your child does not have their own bicycle and / or helmet, please complete the [Bike / Helmet Request online form](#) by Friday 13th December to request one; Cycle Southend have a limited number which they can lend to children on the day.

Yours sincerely
Mrs Mandalia
Head of Year 4

