



Dear Parent,

Bikeability Level 1 cycle training at Hughenden Primary School

A cycle training course is running at your school on Thursday 8 November 2018

This course is part funded by Bucks County Council and open to Year 4.

The course is based in the playground and covers basic bike care and maintenance which the children can undertake themselves.

Training at Bikeability Level 1 covers how to:

- Prepare yourself and your bike for cycling
- Get on and off your bike without help
- Start off, pedal and stop with control
- Pedal along, use gears and change direction to avoid objects
- Look all around and behind, and control the bike with one hand
- Share space with pedestrians and other cyclists (optional)

For more details about courses and some useful information regarding helmets, bike sizing etc, please visit our web site at www.BeSpokeci.com

WE DO REQUIRE CHILDREN TO ALREADY BE ABLE TO RIDE A BIKE.

The cost for the full course is £5 per child (cash or cheques payable to Hughenden Primary School and return completed consent forms with payment to the school by Friday 2 November 2018

If you have any questions, please don't hesitate to contact us via the school or on the e-mail address above.

Many thanks

BeSpoke Cycling Instruction Ltd



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