



# South Avenue Primary School

South Avenue, Sittingbourne, Kent ME10 4SU

Telephone: 01795 477750

Email: [headteacher@southavenue.kent.sch.uk](mailto:headteacher@southavenue.kent.sch.uk)

Head Teacher: Mrs Diane Browning B.A Ed (Hons) N.P.Q.H.

Dear Parent/Carers of children in Year 5,

4<sup>th</sup> January 2018

## KENT BIKEABILITY CYCLE TRAINING

We are delighted that, once again, Kent Bikeability will be coming to South Avenue Primary School in February and March.

This opportunity links with our Healthy Schools, Travel Plan aims and Walk on Wednesdays (including cycling) which are to encourage the children to be fit, enjoy exercising and find safe, eco-friendly ways to get to school. There is a bike shelter on site and we wish to encourage pupils to use this facility.



For your child to have this fantastic opportunity, the cost of the tuition per child is **£10**. Your child will need to have a roadworthy bike with two working brakes, pumped up tyres, a cycle helmet and cycle lock.

The training consists of:

**Bikeability Level 1** is delivered in a traffic-free environment, where your child will learn basic bike handling skills and improve their riding confidence.

Once they have completed Level 1 and have received their red badge, they will be able to:

- Fit their helmet correctly.
- Check their bike is ready to ride.
- Get on and off their bike safely.
- Ride their bike and make it go where they want it to.
- Avoid objects through good bike control.
- Use their gears effectively.
- Control the bike with one hand.
- Observe all around whilst cycling.
- Stop safely and quickly if they need to.



Level 2- if your child successfully completes Level 1, Level 2 will be one day on the road.

**Bikeability Level 2** is delivered on quiet residential streets close to school. They will learn how to cycle confidently on-road, amongst real traffic.

Once they have completed Level 2 and received their orange badge, they will be able to:

- Start and finish an on-road journey.
- Pass parked cars or slower moving vehicles and side roads.
- Make a u-turn.
- Identify and react to potential hazards.
- Communicate their intentions with other road users and pedestrians as appropriate.
- Use road positioning effectively.
- Use junctions, including turning left and right in and out of minor roads.
- Use the Highway Code and make decisions on safe riding strategy.



If you are interested in your child taking part please complete the slip below and return to the school office **by Friday 9<sup>th</sup> February**, enclosing the £10 fee. Places are limited so they will be awarded on a first come, first served basis.

Yours sincerely,

Mrs D Browning  
Headteacher

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**KENT BIKEABILITY CYCLE TRAINING PERMISSION SLIP**

I would like to apply for a place for my child .....Class.....  
to participate in the Kent Bikeability at South Avenue Primary School in February/March.

**I enclose £10 for the cost of the training.**

(I understand that if my child is unsuccessful in gaining a place £10 will be refunded.)

