



# MEDINA PRIMARY SCHOOL

Medina Road, Portsmouth, Hampshire, PO6 3NH  
Email: [admin@medina.portsmouth.sch.uk](mailto:admin@medina.portsmouth.sch.uk)  
Website: [www.medinaprimery.co.uk](http://www.medinaprimery.co.uk)  
Tel: 023 9237 5475

Headteacher: Mr H Payne BEd  
Deputy Headteacher: Ms R Hammerton

Monday 10<sup>th</sup> January 2022

Dear Year 5 Parent/Carer

## **Bikeability Cycle Training – Week Commencing 14<sup>th</sup> February 2022**

Bikeability cycle training is offered to all primary/junior schools by Pedal Power Training Ltd). Training follows the National Standard and helps give children the skills and experience they need to cycle safely and confidently. Cycling is not only fun but can be a great way of keeping physically fit, it can be beneficial to our wellbeing, develop confidence and help us to become more independent.

Please use the link below to book your child on to their school's course. If you do not wish your child to take part, please do NOT complete the link. Please submit the form by Friday 21<sup>st</sup> January 2022 – after this date it will be too late to book your child onto the course.

[To book your child's place click here](#)

If you would like your child to take part in the cycle training but they have not got a bicycle and/or helmet, it may be possible to borrow these from Pedal Power Training. To borrow a bike and or helmet, please indicate on the booking form.

If your child is using their own bike it must be roadworthy and the correct size for them - a bike check will be carried out on Day 1 and any bike which is not roadworthy will have to be fixed for your child to continue on the course (or a loan bike can be used). A roadworthy bike must have the following as a minimum – 2 fully inflated tyres (with good tread), 2 working brakes, secure handlebars, with correctly fitting secure grips. The saddle must be secure.

In addition your child must have a cycle helmet - this needs to be the right size and a good fit, weather appropriate clothing including gloves (sessions are between 1 and 2 hours and are outside). The training will continue in light to moderate rain but will be suspended if there is a heavy downpour.

All sessions will run during school hours and your child will be notified of their session start time by the school prior to the course.

The first session will be Level 1 training only and will take place in the school playground. In this session riders will also be taught how to carry out a bike check and adjust their helmet and clothing. Cycle skills will be taught through fun activities. Riders will be assessed throughout the training session and the instructor will determine if the rider has the required control/skills to progress to Level 2 on road training. If they are not able to progress to Level 2 training, they will be told which skills need to be practised in preparation for the next available Level 2 course.

**Level 1** - please allow your child to watch this short video. Bike handling skills will be covered at the end of the video. <https://youtu.be/4s-nw64BnGE>

**Level 2** - Please allow your child to watch this short video on Level 2. Activities instructed will be covered at the end of the video. <https://youtu.be/1QVCvi6UUQ0>

Please visit the Bikeability website <https://bikeability.org.uk> for more course related information.

All cycle training will be delivered in line with current Covid-19 government guidance for schools.

If you have any questions regarding the above, please email Miss Bevington – [year5@medina.portsmouth.sch.uk](mailto:year5@medina.portsmouth.sch.uk)

Yours sincerely

H J Payne  
Headteacher

