

September 2026

Dear Families

Bikeability Balance Bike Sessions – Year 1

We are delighted to let you know that our Year 1 pupils will be taking part in **Bikeability Balance Bike training** as part of their learning this term.

The sessions are designed to help children develop their confidence, balance, coordination and bike-handling skills in a fun and supportive environment. Balance bikes are a fantastic way for children to develop the fundamental skills they need before progressing to riding a pedal bike.

During the sessions, children will have opportunities to practise:

- Maintaining their balance and stability on a bike
- Steering and controlling their bike safely
- Starting, stopping and slowing down
- Looking around while riding
- Developing confidence and independence
- Understanding how to ride safely and considerately around others

The training will take place **within school**, and children will be supported by trained instructors throughout the sessions.

What does my child need?

Please ensure that your child comes to school wearing **their black PE kit and suitable footwear** that will allow them to move freely and safely. All other equipment such as helmets and balance bikes will be provided.

Please complete the consent form overleaf by Friday 17 September to give permission for your child to take part in the Bikeability Balance Bike training.

We hope that the children will have lots of fun while developing important skills that will support them as they become increasingly confident and independent cyclists.

Thank you for your continued support.

Yours sincerely

Mrs McMaster

PD Lead & Phase 2 Lead Teacher

City Of Bradford Generic Cycle Training Consent Form for any or all

Bikeability Levels Please complete this form in block capitals.

Please read the additional information on the covering letter or website.

Participant Name:

Age:

Address:

Day contact telephone number:

School:

Is the Trainee: A Non-Rider: A New Rider: An Experienced Rider:

Please state any medical conditions, which the instructor should be made aware of:

.....

Please note that the instructors are not trained to administer medication. They are obliged to be clear about the quickest way to contact the emergency services and the school office – this forms part of the risk assessment undertaken prior to the course.

I approve of my child participating in the controlled training on school premises. I understand that if the instructor judges that my child is not able to undertake the training in the manner prescribed to ensure the safety of the individual, and of others, they will be returned to class.

I will ensure my child is suitably dressed for the weather conditions on the day and apply sun block if necessary. In hot weather I will provide my child with a drink.

Signed Date

Parent/Guardian

If you require further information or have any concerns about the training then please contact the Bikeability course co-ordinator, Road Safety Shipley Town Hall, Kirkgate, Shipley BD18 3EJ Tel: 01274 437409 • email bikeability@bradford.gov.uk

"Use of your personal information: the school looks after this consent form. When our instructors arrive at the school, they will ask to see the consent forms and hand them back to the school staff after having looked at them and before starting their teaching. We use course registers that contain each trainee's name and the outcomes achieved, and these are handed back to the school on completion of the training. We never keep, share or pass personal information on to third parties." Information is collected and used in accordance with the General Data Protection Regulations. Find more about our privacy policy at www.bradford.gov.uk/privacy

