

September 2026

Dear Families,

Level 1 Bikeability Sessions – Year 5

We are pleased to let you know that your child will be taking part in **Level 1 Bikeability sessions in school**. Bikeability is a national programme that helps children develop the skills and confidence they need to ride their bikes safely. **Level 1** focuses on developing essential bike-handling skills in a safe, controlled environment, away from the road. During the sessions, pupils will have the opportunity to practise skills such as:

- Getting on and off their bike safely
- Starting and stopping with control
- Steering and manoeuvring
- Looking around safely while riding
- Controlling their speed
- Signalling and communicating with others
- Developing confidence when riding

The sessions will take place **within the school grounds** and will be led by trained Bikeability instructors.

Your child will need to wear:

- Their black PE kit, with suitable footwear
- A water bottle

All other resources needed e.g. bikes and helmets will be provided by the Bikeability team.

In order for your child to take part in the Bikeability sessions, **parental/carer consent must be provided in advance**. Please complete the online consent form using the **web link or QR code below**:

Online Consent Form:

<https://consent.bikeability.org.uk/col-sec-step>

Scan the QR code:



Dixons Music
Primary-Bradford

Please complete the consent form by **Friday 11 September**. If consent is not received by this date, your child may not be able to participate in the sessions.

We are really looking forward to giving the children the opportunity to develop their cycling skills and confidence through these sessions. Bikeability is a fantastic way for pupils to learn important skills that can support them to become **safer, more independent cyclists**.

Thank you for your continued support.

Yours sincerely

Mrs McMaster

PD Lead & Phase 2 Lead Teacher

