GREEN RIDGE
PRIMARY ACADEMY

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Thursday, 1st October 2026

Year Four Level 1 Bikeability Cycle Training

Dear Parents and Carers,

BeSpoke Cycling are pleased to offer Level 1 Bikeability Cycle Training to Year Four pupils at Green Ridge Primary Academy. To enable BeSpoke Cycling to confirm the dates they are going to come to the school for this, we need to provide them with numbers of children that are interested.

Bikeability is the government's national cycle training programme. It helps children learn practical skills and understanding of how to cycle on today's roads. Bikeability gives everyone the confidence to cycle and enjoy this skill for life.

On this course children will learn how to:

- Prepare themselves for a journey.
- Check the cycle is ready for a journey.
- Set off, pedal, slow down and stop.
- Ride using gears.
- Pedal (including looking behind, cycling one handed, signalling turning, and controlling speed).

All of the above activities will be done in a fun but safe environment.

Children will need to use their **own** bikes for the cycle training and must be able to ride their bike independently without stabilizers to take part on the course. Please can parents/carers ensure that their child's bike is roadworthy, with working brakes, properly inflated tyres, a well-oiled chain and a saddle and handlebars which are fixed on tightly. **Please can parents/carers ensure each child brings their own cycling helmet. We are unable to provide a bike or a helmet for the children.**

We require a voluntary contribution towards the cost of the training of **£5.00**. Information on paying for this will be sent out following confirmation of your child receiving a space on this training. If you wish for your child to attend the Bikeability training then please complete the Microsoft Form by following this link by **6.00pm** on **Sunday, 18th October. Due to confirming numbers with BeSpoke Cycling, we will be unable to accept any registrations that are made after this date.**

Thank you for your continued support and if you have any further questions about the cycle training, please send an email to the school office for my attention.

Yours faithfully,

S Harris

Mr. Scott Harris
PE Lead