



September 2020

Dear Parent/Carer,

Y4 Cycle Skills
Willow Class: Monday 5th
Oak Class: Tuesday 6th October 2020

As part of the school's involvement in Central Bedfordshire Council's Travel Choices active travel to schools project, we have arranged for an opportunity for Year 4 pupils to enhance their cycling skills. The sessions are **FREE** and will be supervised by Alister Barclay, the local Sustrans Schools Officer. The sessions will take place on the hard surfaced area at the school in appropriately sized groups.

Pupils will each get an opportunity to practice their biking. They will build confidence riding one-handed, using gears, stopping well, bike limbo and much more.

In order for your child to take part, please complete the slip below and don't forget to send them in with their bike on your **allocated day**. Do email alister.barclay@sustrans.org.uk if you have any questions.

Do check the bike with your child prior to the session. Watch this clip <https://youtu.be/4qtx60bcNk0> and encourage them to complete the Junior Bike Doctor sheet accompanying this letter. If there is anything wrong with the bike that you cannot fix, get in touch with a mechanic or local bike shop such as Cycleworx in Flitwick. Please also check the helmet fitting guide accompanying this letter.

The Active Travel to School programme is funded by Central Bedfordshire Council. It is designed to encourage schoolchildren to discover active ways to travel to school and for their journeys outside of school. The scheme promotes walking, cycling and scooting.

Bike to School Week is a great opportunity to promote the positive impact that an active lifestyle can have on pupils' wellbeing and health. This year it takes place between 28th September and 2nd October.

Yours faithfully

Alister Barclay

Schools & Communities Officer, Central Bedfordshire (alister.barclay@sustrans.org.uk 07917 084663)

We're the charity that's making it
easier for people to walk and cycle





The Firs

Lower School



My child would like to take part in cycle skills on 5-6th October.

Name of child: _____ Class: _____


- My child will bring a bike to school
- My child does not own a suitable bike but would like to borrow one

Ability Level

- Cannot ride a bike yet
- Cannot ride one-handed
- Confident rider

My child will/will not (**please delete as appropriate**) be wearing a helmet, which I will supply

Signed: _____ Please state your relationship to the child: _____

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Helmet check

How to correctly fit a bike helmet



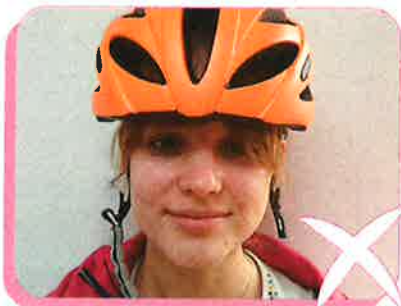
2
Two fingers
above your eyebrows to
the bottom of your helmet



4
Four fingers
to make a V-shape around
the bottom of your ears



1
One finger
under the strap
beneath your chin



Helmet straps not clipped



Helmet too far back
and to the side



Helmet tilted forward



Junior Bike Doctor Checklist

Brakes

- Do your brakes stop your bike well?
- Look at the brake blocks, are they worn?
- Are the brake levers tight and level?

Wheels & Tyres

- Check tyres are pumped up and feeling firm. Is the tyre tread on both wheels in good condition or worn?
- Do the wheels turn easily?

Steering

- Handlebars should be straight.
- Does the front tyre line up in the middle when you look down?

Saddle and seatpost

- Give your saddle a wiggle to ensure the seat clamp is tight and the saddle doesn't move.

Pedals and chain

- Spin your pedals, do they move smoothly?
- Take a look at your chain, it should be silver or grey not rusty brown! Make sure you add a little bike oil to the chain links regularly to help it work well.

Frame

- Check over the frame for damage, dents and rust. It's important to keep your bike clean and dry after use to keep it in tip-top condition!

