



Bellenden Primary School

Executive Headteacher: Mr Gregory Doey

Head Of School: Mrs Julie Ireland

Deputy Head: Mrs Alex Turnbull

Assistant Head: Ms Walatta Trew

Dewar Street,

Peckham,

London

SE15 4JP



Monday 25th February 2019

Dear Parent/Carer of **Year 1 & Reception**

Bikeability Balance

I am writing to tell you about Bikeability Balance, a new initiative to inspire children in Reception to Year 1 to take to two wheels.

Bikeability Balance is a series of school-based sessions that aims to achieve basic cycling balance. It involves fun games carried out on balance bikes (bikes without pedals) to develop handling and awareness.

Bikeability Balance will provide your child with a positive early experience of being on two wheels and give them the skills that they will need to take part in Bikeability Level 1, usually delivered in school Years 3 or 4.

Why should my child take part in Bikeability Balance?

Bikeability Balance is a fun activity that will help your child learn how to cycle.

Bikeability research has found that 40% of 6 year-olds are unable to ride a bike. Part of the reason for this is that children often get stuck using a bike with stabilisers, or a tricycle and are unable to progress easily to using a bike without stabilisers. By using balance bikes with no pedals, Bikeability Balance sessions focus on developing balance, rather than the ability to pedal. Achieving this balance helps children make the transition to using a bike with pedals.

Other benefits of Bikeability Balance include learning gross motor skills which can accelerate other types of learning and improving early years fitness.

If your child is already able to cycle, on a balance bike or bike with pedals, they can still take part to practise their skills.

How is Bikeability Balance delivered?

- It is delivered by Bikeability Instructors qualified to the National Standard for Cycle Training.
- It is usually delivered as five 45 minute sessions per child on 5 consecutive days.
- Sessions mainly take place indoors but may progress to outdoor environments.
- Children may use their own balance bikes but balance bikes will also be provided. Children will not be permitted to use bikes with stabilisers or scooters.
- Sessions are delivered to a maximum group size of 6 children.

What will my child learn?

Your child will learn to:

- Identify parts of a balance bike.
- Get on and off a balance bike comfortably.
- Set off with control.
- Push and glide.
- Stop with control a) with feet, b) with brake.
- Make the bike go where they want.
- Be aware of surroundings (look around).
- Understand the Green Cross Code.

Your child may also be taught the following:

- How to adjust a helmet
- How to adjust a bike

Year 1 will do their training, week beginning 18th March 2019.

Reception will do their training, week beginning 25th March 2019.

If your child would like to take part please complete the attached consent form and return to office prior to the course taking place.

Yours truly

M. Phillips

**Miss M. Phillips
Class Teacher / PHSE/RE Lead**

Cycle Confident Schools Balance Bike Training Consent Form

School Name: _____

Trainee:

Full name			
Age		Gender	
Any special needs or requirements			

TERMS AND CONDITIONS FOR SCHOOL BIKEABILITY BALANCE TRAINING (please read carefully)

1. Helmets will be supplied for trainees and these **MUST** be worn.
2. This course is designed to teach the basics of balancing, handling and awareness using a two-wheeled balance bicycle which does not have pedals. Further practice and coaching will be needed to master the control of a regular bicycle.
3. Training will take place indoors or in the school playground.
4. I agree that the instructor(s) can adjust my child's helmet if necessary.
5. I agree that my child will conduct him/herself in an appropriate manner and follow the directions of the instructor. I understand that the instructor may decline training for a child whose behaviour is disruptive or is considered to be putting him/herself, other people or property at risk.
6. I am responsible for my child being suitably dressed for cycling.
7. If my child brings personal belongings to the course, he/she does so at his/her own risk.
8. This consent form **MUST be signed by the child's parent or guardian.**

I have read, understood and agree to the Terms and Conditions above

Signed			Date	
Contact Number(s)				

THE UNIVERSITY OF CHICAGO

Department of Chemistry
Chicago, Illinois

Dear Sirs:

I am pleased to inform you that your application for admission to the Ph.D. program in Chemistry for the fall semester of 1948 has been accepted. You will be admitted to the program on the condition that you will be able to present satisfactory evidence of financial resources for the support of your education during the first year of your study.

Very truly yours,
[Signature]