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Tuesday, 8th February 2022

## Kids on Bikes Programme: 21st February - 3rd March

The popular Kids on Bikes programme is returning to our school.

The programme delivers Grade 1 basic bike skills to get students more confident on their bikes and is designed to give children the skills and knowledge of how to ride a bike safely. It involves learning in classes and practical sessions outside. It takes a whole day to complete the programme. Students may bring their own bikes to school for the day. If students do not have a suitable bike or cannot get their bike to school, we have many bikes that they can borrow for the day.

The programme consists of four sessions spread across one day. **Students will not be biking on the roads at all.**

Session 1: Classroom session involving safe route planning and discussion around road safety (covering all aspects of travelling to and from school).

Sessions 2 & 3: Introduction to the road and everyday biking. These practical sessions start with the basics and move through to advanced bike skills necessary for biking on road. (We will practise our skills within the school grounds).

Session 4: Visit the pump track/bike track.

Students will need to bring the following:

- Bike and helmet (if you can please pump tyres up and check chain and brakes this will save us time at the beginning of the practical sessions)
- Covered Shoes
- Rain jacket/change of clothes in case of wet weather
- Drink bottle and a good lunch

*Again, if students cannot bring a bike there will be some bikes available for students who do not own a bike, cannot borrow one, or cannot get their bike to school.*

Children will stay on school grounds for the first 3 sessions however on the last session we may bike down to the Pump Track (the children's play area & track by the Cambridge Road cycle track). Again, we will not be using the roads.

Our senior school timetable is on the back of this page.

Regards,

Senior Area Teachers

## Kids on bikes timetable - Week 4 and 5

Children **will not** be biking on the road at any stage of the programme.

<b>Week 4</b>	Monday 21 Feb	Tuesday 22 Feb	Wednesday 23 Feb	Thursday 24 Feb	Friday 25 Feb
	<b>Room 28</b>	<b>Room 5</b>	<b>Room 31</b>	<b>Room 27</b>	<b>Room 30</b>

<b>Week 5</b>	Monday 28 Feb	Tuesday 1 Mar	Wednesday 2 Mar	Thursday 3 Mar
	<b>Room 29</b>	<b>Room 22</b>	<b>Room 32</b>	<b>Back up day</b>