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Tuesday, 10th October 2023

## Kids on Bikes Programme: 16 - 20 October

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. It is designed to give children the skills and knowledge of how to ride a bike safely. It involves in-class learning and practical sessions outside. 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. **Students will not be biking on the roads at all.**

The programme consists of two days with the second day being on Friday.

Session 1 (Refer to attached timetable):

A classroom session involving safe route planning and discussion around road safety (covering all aspects of travelling to and from school). 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 the road. (We will practise our skills within the school grounds).

Session 2 (Friday): Visit the pump track/bike track.

Students need to bring:

- Covered Shoes
- Rain jacket/change of clothes in case of wet weather
- Drink bottle and a good lunch

Students may bring:

- Bike and helmet (if you can please pump the tyres up and check the chain and brakes this will save us time at the beginning of the practical sessions)

*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 the reserve behind the school for the first session. 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 - Monday 16 - Friday 20 October

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

	Monday In reserve	Tuesday In reserve	Wednesday In reserve	Thursday In reserve	Friday Pump Track
9:10-10am	31	22	28	27	9:15-9:45 28
10-10:50am	31	22	28	27	9:45-10:15 22
					10:15-10:45 27
<i>Morning tea 10:50am to 11:30am</i>					<i>Morning tea 10:50am to 11:30am</i>
11:35-12pm	31	22	28	27	11:35-12:15 5/30
12-1pm	29	30	5	32	12:15-1pm 31/32
<i>Lunch 1-1:40pm</i>					<i>Lunch 1-1:40pm</i>
1:45 -2:45pm	29	30	5	32	1:45 -2:15pm 29
					2:15 -2:45pm