



HEATHWOOD LOWER SCHOOL, Heath Road, Leighton Buzzard, Bedfordshire LU7 3AU
www.heathwoodlower.com Telephone: 01525 377096 E-mail: office@heathwood.beds.sch.uk
Headteacher :Mrs Jackie Wright B. Ed (Hons)

January 2025



Bikeability Level 1 Cycle Training Course

The school is pleased to offer your child a place on a Bikeability Level 1 cycle course.

About the course

The course is a fun interactive 2 hour session and teaches children valuable bike skills through games and activities. The skills learnt also prepare riders for the fundamentals needed for Level 2 Bikeability road training, a course they should be offered in the future.

The session will take place on **Friday 4th April 2025**. Bikes to be dropped off 8.55am

Course requirements

- Trainees need to be able to ride a bike competently to take part.
- A well-maintained and suitable sized bike. (*Please check your child's bike using our bike check guide*).
- Dress for the weather. (Please have PE kit in school with shorts or jogging bottoms)

Find out more about Bikeability sessions in this video:

<https://www.youtube.com/watch?v=FTMTfh9TxNY>

Please also watch the following helmet fit video.

<https://youtu.be/43UN3j9YFK0>

Please sign and return the enclosed consent form no later than Friday February 28th 2025.

Yours sincerely,

Class 4 Team

Cycle Training is available from Cycle4Life for people of all ages and ability, from complete beginners to experts, please ask for further details

