



Greenfield Primary School

Excellence and Enjoyment for All

Shaw Street, Greenfield, Oldham, OL3 7AA

Telephone: 0161 770 5525

Email: info@greenfield.oldham.sch.uk

www.greenfieldprimaryschool.com

Headteacher: Mr M Wood M.Ed.

1st October 2020

Dear Parents / Carers

I am writing to tell you about Bikeability Balance, a new initiative to inspire children to take on two wheels. Your child should have taken part in the Bikeability session at the end of the last academic year, however, due to the pandemic, restrictions would not allow for this and therefore we are re-inviting your children to take part on the **12th October** 2020 so they not miss this fantastic opportunity.

Bikeability Balance is a series of school-based sessions that aim 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, which is usually delivered at Greenfield Primary School throughout Key Stage Two.

Why should my child take part in Bikeability Balance?

Bikeability Balance is fun activities 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.

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.

Continued/...



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If your child would like to take part, please complete and return the attached Cycle Training: Parental Consent Form and return to the School Office by Monday, 5th October 2020.

Please note, the children will need to wear warm outdoor sports clothes with Velcro trainers (if possible), a coat/waterproof and to bring a water bottle. Balance bikes and helmets **WILL NOT** be provided.

Your child's session will take place on Monday 12th October 2020 and therefore we ask that your child arrives at school in appropriate clothing, trainers and brings their helmet into school on this day.

Thank you for your continued support.

Yours sincerely

Miss E Cassinelli
Sports Coordinator

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GREENFIELD PRIMARY SCHOOL PERMISSION SLIP

I give permission for my child _____ to take part in the Bikeability balance session on 12th October 2020 and will ensure they bring to school a water bottle and a helmet and will arrive at school in appropriate clothing and footwear.

Signed _____ (parent/carer) Date _____

Data Protection Statement: The information gathered here will be used solely for the purpose stated above. It will:

- Only be held by class teachers
- Only be accessible to school staff involved with this activity
- Be used to update our records if it contains more accurate data
- Shredded when children attend new establishment