



Trinity St. Peter's

Church of England Primary School
where children shine

Paradise Lane, Formby, Liverpool, L37 7EJ

W: www.trinitystpeters.org

T: 01704 876391

F: 01704 831746

Tuesday 25th September 2018

Year 5 Cycle Skills

Dear Parent/Carer,

As part of our involvement with the Sustrans 'Bike It' project, we have arranged for all Year Five children to take part in a cycling experience where they will practise their cycling skills on the playground. This will help to prepare them for their Bikeability training which has been booked in for a later date.

The sessions are free and will take place during the school day.

Date: Wednesday 3rd October 2018

The sessions will be run by Amanda Dufresne, our school's Bike It Officer, on the school playground.

Please remember:

- To bring in your child's bike which must be in good working order.
- For learners, please make sure that your child can put both feet flat on the floor whilst sat on their bike.
- Please remove stabilisers before bringing the bike to school.
- Bring in your cycle helmet. (Please let us know in advance if you do not have one).
- Ensure full outdoor PE kit is in school and a pair of gloves.

Please return the attached reply by **Monday 1st October**.

Thank you.

Mr J McCabe
Year 5 Class Teacher

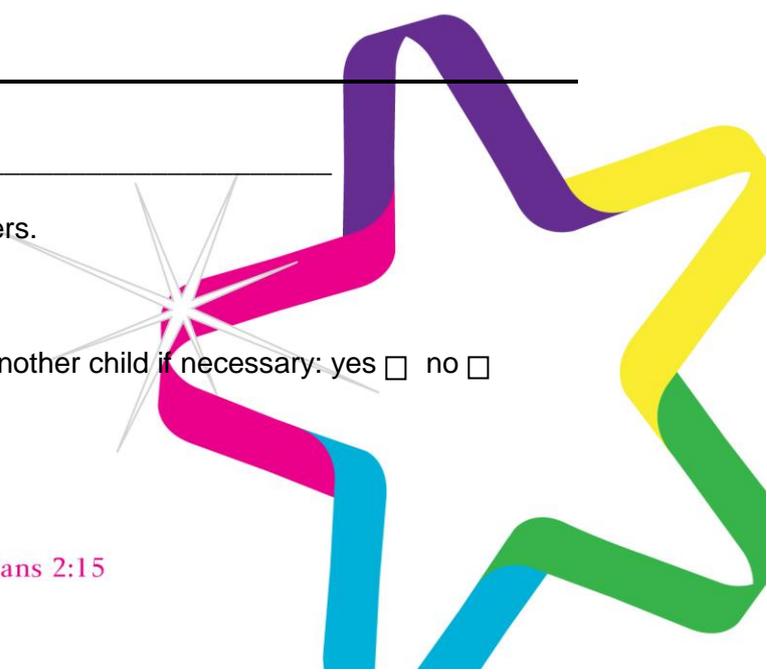
Name of child: _____

My child **can/can not** ride a bike without stabilisers.

My child does **not** have a bike ____

I am happy for my child to share their bike with another child if necessary: yes no

Signed: _____



Are you ready to ride?

Make sure your bike works properly so we can start the fun straight away!

Before you get on your bike you can do a quick **A B C** check

A is for Air: Are your tyres pumped up? Squishy tyres make it difficult to ride and make you tired. They should feel rock hard when you pinch them between your fingers.

B is for Brakes: Do your brakes work properly? Push your bike forwards and pull the front brake; the back of the bike should come up. Push your bike backwards and pull the rear brake; the front of the bike should come up. Your wheels should spin freely without the brake blocks rubbing.

C is for Chain: Do your pedals and cranks go round? Is your chain clean and oiled?

Have you done a lot of growing lately? Can you see the minimum insertion line on your seat post? You need a bigger bike!

