



SHARPS COPSE PRIMARY SCHOOL

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22nd January 2024

Yr R Bikeability Balance training date: 5th February - 8th February 2024

Dear Parent/Carer,

Hampshire Outdoors would like to offer your child the opportunity to take part in Bikeability Balance Training. This cycle training programme is supported and funded by the Department for Transport.

Bikeability Balance is a series of school-based sessions that aims 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, usually delivered in school Years 3 or 4.

Why should my child take part in Bikeability Balance?

Bikeability Balance is a fun activity that will help your child learn how to cycle.

Other benefits of Bikeability Balance include learning gross motor skills which can accelerate other types of learning and improving early year's 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.

How is Bikeability Balance delivered?

- It is delivered by qualified Bikeability Instructors
- It is usually delivered as four 30 – 45 minute sessions per child on 4 consecutive days
- Sessions take place indoors or outdoors depending on the weather
- Children may use their own balance bikes, but balance bikes will also be provided, if you need to borrow one

What will my child learn?

- Identify parts of a balance bike
- Get on and off a Balance bike
- Push and Glide
- Stop Safely
- Control and steer a balance bike
- Be aware of your surroundings
- Share space with others



**Hampshire
Outdoors**

Participation & Lifelong Learning

All our Bikeability Training is delivered by qualified, professional, DBS checked, National Standard Instructors. At the end of the training the children will be given a certificate and sticker confirming they have completed the course.

Should you have any questions please do not hesitate to contact me via your school.

Yours Sincerely,

Glenn Vincent
Hampshire Outdoors

Email: Glenn.vincent@hants.gov.uk

Please fill out the slip below and hand back to your child’s teacher

Yr R Bikeability Balance Training 5th February - 8th February 2024

Student name:

Class:

Please tick the appropriate boxes regarding to your child:

My child **cannot** ride a balance bike ☐

My child **can** ride a balance bike ☐

My child **can ride a bike with pedals** ☐

I **give** permission for my child to take part in the Bikeability balance training ☐

I **do not** give permission for my child to take part in the Bikeability balance training ☐

Signed Parent:.....

Parents Name:.....

Date:.....