



20<sup>th</sup> October 2017

Dear Parent/Carer,

As part of your school's involvement with the Sustrans Bike It project, we have arranged for all Year Two children to take part in a cycling day. Non-Riders will be taught how to ride their bikes and riders will practise their cycling skills on the playground. The sessions are free and will take place during the school day.

**Dates: Thursday 2nd November & Friday 3rd November 2017**

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** (see overleaf). 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**. We will have a couple of spares if you do not have one.
- Wear **warm clothes** which will also protect your legs from scuffs i.e. trousers/leggings/tights.

Please return the reply-slip below by Wednesday 1<sup>st</sup> November.

Thank you.

Amanda

Sustrans Bike It officer.  
07827 271 203



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**Year Two Cycling Day**

Name of your 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 learn 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!

