

## Cycle Skills Training programme

Dear parent/caregiver,

West Park School has agreed to participate in the Pedal Ready cycle skills training programme. The programme is aimed at delivering best practice cycle skills training.

The training will take place for Yrs. 3-5 from Mon 31 August to Wed 9 September as per the timetable below.

Your child will complete a short Grade 1 refresher and will then move on to Grade 2 training if they are ready.

The expected outcomes for the grades are:

Grade 1	Dates
Grade 1 trainees develop balance and bike control skills for:	Year 5
<ul style="list-style-type: none"> <li>starting/stopping and steering</li> <li>riding with one hand to signal</li> <li>looking all around (including behind).</li> </ul>	Mon 31 August R7/8 Wed 2nd September R13 Thursday 3rd September R12
They begin to build their knowledge of:	Year 3/4
<ul style="list-style-type: none"> <li>what makes a safe bike and helmet</li> <li>the legal requirements for cycling on-road</li> <li>bike control skills and observation techniques.</li> </ul>	Monday 31 August Rm 5 Wed 2nd September Rm 3 Thursday 3rd September Rm 2 Monday 7 September Rm 4 Wed 9th September Rm 6

Your child will need:

- a bike in good working order (available at school or can be brought from home)
- a standards-approved helmet that fits well (available at school or can be brought from home)
- closed toe shoes

Thank you for your support of cycle skills training.

Michael Joseph  
Kahikatea Team Leader