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Executive Head J. Eagleton BSc Hons PGCE NPQH

9th February 2022

Y1 Bikeability Balance and Learn to Ride Sessions

Dear Parents and Carers,

Your Y1 child has been given the opportunity to take part in exciting cycling activities with the Cycle North Team, as part of the Sheffield Bikeability Plus programme.

Specialist instructors will be in school leading Balance Bike and Learn to Ride sessions on the following dates during school hours:

Monday 21st, Tuesday 22nd and Wednesday 23rd February for Y1V

Thursday 24th, Friday 25th and Monday 28th February for Y1O

Every child will have a 45 minute session each day, 3 sessions in total.

Bikeability have updated their procedures so that all instructors adhere to the rules surrounding Coronavirus including social distancing procedures.

What do Balance sessions involve?

Children will start out on special pedal-less balance bikes and take part in a series of fun activities aimed at building the confidence, spatial awareness and dynamic balance skills that will help your child to cycle. When ready, children will then progress onto pedal bikes with an aim to learn how to ride their bike independently without stabilisers.

Children who can already ride their bike without stabilisers, will take part in fun cycling skills sessions. Balance bikes, pedal bikes and helmets will be provided for all children.

The sessions are planned to take place outside, so please ensure that your child is dressed for the weather, and preferably wear trousers or tracksuit bottoms and appropriate footwear.

Please complete the £0.00 sQuid offer entitled "Y1 Bikeability" by 11.59pm on Friday 11th February to give permission for your child to participate in these sessions.

Mr Steel

