



Long Sutton Primary School
Dick Turpin Way, Long Sutton, Spalding Lincs. PE12 9EP
Telephone 01406 363381
E-mail: enquiries@ls.keystonemat.org

Headteacher: Miss S Gray

Wednesday 22nd October 2025

Dear Parents and Carers,

Bikeability Sessions for Year 5

Bikeability will take place on the week beginning the 23rd March 2026 for our Year 5 pupils (running from Monday to Thursday inclusive). Accompanying this letter are the details of what the course entails, the equipment needed and a parental consent form which you need to **return by Thursday 6th November**. If this is not returned your child will not have a place on the course and will not be able to be added later.

Bikeability is the government's national cycle training programme. The scheme aims to inspire more children to cycle by equipping them with the skills and confidence to ride more. Sessions begin with fun, progressive challenges/games which allow children to demonstrate skills, which will be needed for the child to progress to Level 2 which involves riding on local residential roads.

Your child must already be able to ride a bike without stabilisers to access Bikeability provision. The course is not suitable for non-riders. It is suitable for riders who have already mastered control of their cycle and are ready to learn how to ride independently on local roads.

As described in the accompanying letter from Bikeability, your child will need:

A roadworthy cycle without stabilisers

A helmet

Suitable clothing for cycling and the weather conditions

Please find a copy of the Cycle and Helmet Checklist attached to ensure your child's cycle is safe and ready to use.

We are aware that there may be difficulty transporting bicycles back and forth to school each day, therefore, children will be able to leave them in classrooms overnight. On arrival at school each morning, please put your child's bicycle in the bike shed. Please can your child bring their helmet into the classroom, so it can be stored safely and will be ready for use. If you have any queries, please do not hesitate to speak to your child's class teacher.

Kind regards,

Mrs Clark and Mrs Withers.