



Bike Skills sessions

Thursday 4th May 2017

On Thursday 4th May we are running cycling sessions with Henry from 'Bike-it'. These are open to children in school (not Nursery).

Children participating in these sessions should already be confident in riding their bike without stabilisers. Limited places are available for this activity.

It really helps if the following are checked and correct when bringing bikes to any cycling sessions as if they are not a lot of time is wasted sorting things out:

- Tyres are correctly inflated
- Brakes are working properly and the levers are in the right place on the handle bars so children can reach them comfortably
- Seats and handles are at the correct height so children can place their toes comfortably on the ground



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Child's Name.....

Class:.....

My child is a confident rider and would like to take part in the skills session. (please tick)

I confirm that:

- My child's bike is in safe working order
- My child will wear a helmet

Signed: (parent/carer)