

## Pedal Ready Cycle Skills Training programme

Kia ora,

Amesbury School is participating in the Pedal Ready cycle skills training programme again this year. The programme is aimed at delivering best practice cycle skills training and is part of BikeReady.

The training will take place from: 16th February 2026

If your child is year 5, they will be doing Grade 1. If your child is year 6, they will be re-capping Grade 1 skills and, if ready, moving on to Grade 2 training on local streets.

The expected outcomes for the grades are:

Grade 1 Year 5	Grade 2 Year 6 only
<p>Grade 1 trainees develop balance and bike control skills for:</p> <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> <p>They begin to build their knowledge of:</p> <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>	<p>Grade 2 trainees refine their bike handling skills to:</p> <ul style="list-style-type: none"> <li>'look signal, look again, move' when making turns</li> <li>develop observation techniques and hazard awareness for cycling on the road</li> </ul> <p>They build their knowledge of:</p> <ul style="list-style-type: none"> <li>defensive cycling strategies</li> <li>basic road rules</li> <li>how to cycle on the road, including the importance of cycling in the appropriate lane position (to 'see and be seen') and in a variety of simple traffic situations.</li> </ul>

### Your child will need:

- ☒ a bike in good working order (Pedal Ready will provide spare bikes if you don't have your own)
- ☒ a standards-approved helmet that fits well (Pedal Ready will provide spare helmets)
- ☒ closed toe shoes
- ☒ to be able to ride a bike (**please let the school know if your child is a complete beginner**)

As part of **Grade 2**, training will take place on suitably selected low-traffic public roads. There may also be an extension ride on off-road tracks, cycle ways or shared paths. There may also be a short stop at a local playground or BMX track. All students in years 5 and 6 can take part in this programme, with some year 6 only going on the road. We will assume we have permission for your child to take part in Pedal Ready unless we are informed otherwise.

- If you do not want your child to participate in the Pedal Ready programme, please contact Brydon Gillam [brydon@amesbury.school.nz](mailto:brydon@amesbury.school.nz) by this Friday 6 February.**

- Please inform us also of any medical conditions or other needs that the course instructor needs to be aware of.
- Please let us know if your child is a complete beginner for being able to ride a bike.

Thank you for your support of cycle skills training.

Ngā mihi nui

Brydon Gillam

## Helmet/bicycle check if bringing own bike

Please check over your child's bike and helmet before the Pedal Ready training. It is advised that major faults are repaired by a reputable bike mechanic.

- helmet: check for damage, correct size
- frame: no major rust or cracks
- seat: correct height so feet can touch ground on tiptoe
- handlebars and headset: tighten if loose
- grips: cover both ends of handlebars
- front and back brakes: respond quickly
- wheels: fastened tight, wheels spin freely
- tyres: pumped up if possible, no cracks or splits
- pedals: not broken, spinning freely
- chain: oiled if possible
- red rear reflector (if missing bike shops usually have free spare ones)

Here is a link to our [website](#) where you can find more information about how to check your child's bike.