

Pedal Ready Cycle Skills Training programme

Kia ora parent/caregiver,

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 **Monday 26th Feb - Monday 4th March**. See the individual [group timetable here](#).

The expected outcomes for the grades are:
(Students at Grade 2 will also recap Grade 1)

Grade 1 (Year 5)	Grade 2 (Year 6)
Grade 1 trainees develop balance and bike control skills for: - starting/stopping and steering - riding with one hand to signal - looking all around (including behind). They begin to build their knowledge of: - what makes a safe bike and helmet - the legal requirements for cycling on-road - bike control skills and observation techniques.	Grade 2 trainees refine their bike handling skills to: be able to 'look, signal, look again, move' when making turns, and develop observation techniques and hazard awareness for cycling on the road They build their knowledge of: - defensive cycling strategies - basic road rules - 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.

Your child will need:

- ☒ a bike in good working order (Pedal Ready will provide spare bikes)
- ☒ 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 and we can support them with learning to ride**)

Please understand that as part of Grade 2 training, 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.

All students in year five and six will take part in this programme. **We will assume we have permission for your child to take part in Pedal Ready unless we are informed otherwise.** Please contact lisa@amesbury.school.nz if there are any issues with your child participating.

Please inform me also of any medical conditions or other needs that the course instructor needs to be aware of outside of the provided school information.

Thank you for your support of cycle skills training.

Ngā mihi nui

The Pōhutukawa Team