



Grade 5 Bike Education

Dear Parents

Bike Education forms an integral part of our grade 5 programme. Students will progress through 8 practical sessions where they learn how to ride their bikes safely and independently on the road. After learning all the essential riding skills off the road in grade 4, the grade 5 Bike Ed program focuses on experiencing riding on the road. The 8 sessions will cover different situations that they may come across on the road. Some of the sessions will take place on the school grounds and some will be on the quiet roads around school under direct teacher & adult supervision.

The 8 practical sessions will run at **2:30pm- 3:30pm** (straight after lunch) every day on the dates shown below:

Session 1- Tuesday 13th June - Bike and Helmet safety checks.

Sessions 2-8 – Wednesday 14th - Fri 23rd June - Groups will rotate around skills session on the road and within school grounds. (Please note there is no Bike Ed on Friday 16th due to the Winter sports round robin).

Additional Sessions: 9 & 10 – Monday 26th & Tuesday 27th June – Groups will alternately complete a written and practical Bike ED self-progress check to show them how much they have achieved over the previous 8 sessions.

All students who take part in Bike Ed will need to bring their own bike, which is in good working order i.e. working brakes, working gears, adjusted seat for their height and tyres with tread that are pumped up and a helmet which fits their head.

Bike Check & Safety - Please refer to this manual to perform simple bike check on your child's bike before Friday 9th June. This will ensure we aren't constantly performing maintenance on student's bikes. [Bike Safety Check Manual](#)

High visibility vests will be worn by all students and staff/parents when riding on the road; these will be provided by school.

Students need to bring their bikes to school on all of the above dates, in order to complete the full program. They will be able to lock their bikes up in the **bike shed in the senior school or alternatively on a chain in front of the staffroom before 9am and collect them at 3:30pm**. They are also able to leave their bikes in the bike sheds for the duration of the course if they do not wish to take them home each night.

Parent Helpers are an integral part of the program. There will be small groups riding on the road each session which will need to be supervised. The course can only go ahead with parent helpers to assist with groups riding on the road. **If you can volunteer your time on any** the dates above and you have your own bike and helmet please click [HERE](#) and fill in the volunteer form.

If for any reason you do not wish for child to participate in this program please let your child's teacher know well in advance of the first day.

Kind Regards

Sam Casey

PE & Sport coordinator

Jay Tucker

Assistant Principal