

Outspoken Training
The Bike Depot
140 Cowley Road
Cambridge
Cambridgeshire
CB4 0DL



Outspoken!
Training

Tuesday, 13 September 2022

Dear Parent/Guardian,

BIKEABILITY LEVEL 1 CYCLE TRAINING COURSE

Thank you for helping your child to participate in cycle training.

Bikeability Level 1 took place on the school playground in a traffic free environment. The aim was to develop your child's bike handling skills to enable them to make short off-road journeys by bicycle e.g. along cycle paths and in the park. We hope your child enjoyed the course and has been enthused to cycle more.

Your child has made excellent progress during the course. A summary of their achievements can be found on the back of their certificate. We kindly ask you to review the certificate and continue to support your child with their cycling by riding together as a family.

Your child will have the opportunity to participate in Bikeability Level 2 when they reach Year 5 or 6. This course covers how to make short journeys through residential streets e.g. to school or the shops. We hope you will encourage your child to participate in this course and encourage them to practice their Level 1 skills beforehand. To support this, a list of resources including advice on family cycling and building cycling into your everyday lives can be found on our website:

www.outspokentraining.co.uk

Thank you again for helping your child to take part in Bikeability training. We hope your child and family enjoy a lifetime of happy cycling.

Yours faithfully,

Kieron McNab

Kieron McNab
Outspoken Training LLP

| Bikeability Level 1 Activities | |
|--------------------------------|--|
| 1. | Prepare myself for a journey |
| 2. | Check the cycle is ready for a journey |
| 3. | Set off, slow down and stop |
| 4. | Pedal my bike whilst completing tasks |

| Assessment Criteria - see your child's certificate | |
|--|---|
| Independently | The rider demonstrated the assessment criteria competently, consistently, and confidently without assistance or prompts |
| With more practice | The rider would benefit from more practice to demonstrate the assessment criteria independently |
| With some assistance | The rider demonstrated the assessment criteria with assistance |
| Not yet attempted | The rider has not yet taken part in the training activity. |



WHATEVER YOUR STYLE...

Boost your confidence with
life-changing adult
cycle skills sessions

2 hour sessions available for new cyclists,
rusty riders, residential riders and
advanced commuters

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