



St Nicholas C E (VC) First School

"Pathways to Learning, Steps to Success"

Headteacher: Miss J Parker BA (Hons), PGCE, NPQH

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Thursday 25th February 2016



Dear Parents and Children,

We are delighted to offer all the children in Reception the opportunity to take part in a Balance Bike training course. This wonderful opportunity will take place at school and will be ran by fully qualified, professional instructors during the school day on the school playground (a member of school staff will also accompany the children). This course is underpinned by the National Standard for cycle training; a government-recognised set of principles for better and safer cycling.

Children will learn the skills and gain confidence in using a balance bike, enhancing their physical literacy and master all aspects of static and dynamic balance. Children will each be provided with an ergonomic balance bike - a lightweight child's bike with no pedals or stabilisers – and a helmet. Children run along whilst seated and push off the ground to create forward propulsion and dynamic balance. This opportunity will promote the physical benefits of cycling for young children, the programme offers children the ability to become competent cyclists at an early age through the development of balance and control.

Balance Bike training will come to St Nicholas on Monday 14th March for 4 days, all children in Reception will have 4 x 45min sessions over 4 days and the children will each have a fully certified balance bike and helmet to use. During these 4 days children are asked to come to school dressed in their PE kit - shorts with jogging bottoms over the top, t-shirt, sweatshirt, outdoor trainers, a warm coat and gloves.

For more information on Bikeability go to www.dft.gov.uk/bikeability.

Please ensure the signed consent form is returned to your class teacher by **Monday 7th March 2016**.

If you would like any more information please see Miss Pugh.

Regards
Miss Pugh

Name of child - _____ Class - _____

I give consent for my child to take part in the Balance Bike Training for 4 days beginning Monday 14th March.

Print Name _____ Sign Name _____

Date _____