



# Meersbrook Bank Primary School

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Head Teacher: Mrs G. Harvey

Monday 5th September 2022

## Bikeability Balance and Learn to Ride Sessions

Dear Parents and Carers,

Your child has the opportunity to take part in a set of exciting cycling activities with the Cycle North Team, as part of the Sheffield Bikeability Plus programme.

Specialist instructors will be in school leading Balance Bike and Learn to Ride sessions on **Monday 26<sup>th</sup> to Wednesday 28<sup>th</sup> September**. Every child will have a 45-minute session each day, so therefore three sessions in total.

### **What do the sessions involve?**

Children will start out on special pedal-less balance bikes and take part in a series of fun activities aimed at building their confidence, spatial awareness and dynamic balance skills that will help them to cycle. When ready, children will then progress onto pedal bikes with an aim to learn how to ride their bike independently without stabilisers.

Children who can already ride their bike without stabilisers will take part in fun cycling skills sessions.

### **Balance bikes, pedal bikes and helmets will be provided for all the children.**

The sessions are planned to take place outside, so please ensure that your child is dressed for the weather. **We would like the children to preferably wear trousers or tracksuit bottoms and appropriate footwear. They may still wear their Meersbrook Bank sweatshirt. Coats and layers will also be a good idea. The children may wear cycling gloves if they wish.**

**Please complete and return the form below (We will send this form home with your child) to the school office no later than Friday 16<sup>th</sup> September.**

We are very much looking forward to having lots of fun on our bikes outside!

Kindest Regards,  
Mrs C. Tierney  
PE Leader

## Bikeability Balance - Parent or Guardian Consent form



Please return this whole sheet to your child's school

Your child's name: \_\_\_\_\_

Class: \_\_\_\_\_



### Medical Information

Please tell us of any medical condition which we should know about in the box below. For example, poor eyesight, asthma, epilepsy, impaired hearing. It is unlikely that a medical condition will prevent your child from receiving training.

### Please read and sign the following declaration

I have read and understood the letter to parents.

I consent to my child \_\_\_\_\_ (child's name) being trained to ride a bike by Cycle North.

I accept that Cycle North Team can refuse to teach my child if their behaviour or ability level is deemed to be unsuitable.

Signed: \_\_\_\_\_

Date: \_\_\_\_\_