



19<sup>th</sup> September 2017

Dear Parent/Carer

**BIKEABILITY WORKSHOP**

Cardinal Pole Catholic School will be running a Bikeability course, giving 8 students the fundamental skills needed to ride a bike safely in the streets of London. The workshop will start from the 26<sup>th</sup> September 2017 during their PE lesson P1 & P2 or P3 & P4 every Tuesday which will run for 5 weeks. The workshop is FREE and there will be bikes provided for each individual if they do not have their own bikes.

The aim of this programme is to support your child in the following:

- Teach your child the safety measures of riding a bike
- Build confidence to be on the road
- Encourage them to be more active with bikes for physical health
- Teach them the benefits of riding

An assessment of the group will be completed at the start and end of programme to identify progress. In addition the students will be contributing to an evaluation of the 5 week course, so they can feel a sense of control over the course.

**They do not need their own bike, but may use their own if they prefer.**

This support for your child has been structured so that they will not be withdrawn from Maths, English or Science. If you want your child to be a part of this programme please sign and return the reply slip at the bottom of this page.

Please do not hesitate to contact me should you have any questions.

Yours faithfully,

Mr A Akinola  
Pastoral Support Manager for Year 8

**REPLY SLIP: BIKEABILITY - PLEASE COMPLETE AND RETURN TO MR AKINOLA**

I give my permission for ..... to attend the Year 8 Bikeability Workshop.

Signature  
(Parent/carer).....Date.....

Name (BLOCK CAPITALS) .....

Medical Conditions.....

