

Bikeability Level 1 (Year 4): Monday 24th March 2025

Dear Parent/Carer,

Your child has the opportunity to take part in Bikeability training provided by Amber Valley Schools Sport Partnership & First Grade Sports Ltd, which will be delivered during school hours.

Established in 2005, First Grade Sports Ltd have developed a reputation for high quality and reliability. They offer a broad range of services, all designed to give schools the best possible PE and Sport experience. First Grade Sports have been contracted by Amber Valley School Sports Partnership to deliver Bikeability and cycle training at Richardson Endowed Primary School.

What is Bikeability?

Bikeability is the government's national cycle training programme based on the National Standard for Cycle Training. Cycling is a life skill with many benefits: it encourages independent mobility, is great for the environment, and improves physical and mental health. Bikeability builds the skills and confidence of people who can already ride and prepares them for a lifetime of cycling. Evidence shows Bikeability helps more people cycle, more safely, more often.

Bikeability is offered at three levels, of which the first two levels are delivered to the pupils at our school:

[Bikeability - Level 1](#) : Develops mastery in cycle handling skills in traffic-free environments

[Bikeability - Level 2](#) : Develops skills for cycling on single-lane roads with simple junctions and moderate traffic

Bikeability is funded by the Department for Transport and Transport for London, and is delivered by trained, professional and DBS-checked Bikeability instructors.

Bikeability trains the riders to make independent decisions and practise safe and responsible cycling, through:

- making good and frequent observations
- choosing and maintaining the most suitable riding positions
- communicating intentions clearly to others
- understanding priorities on the road, particularly at junctions.

Riders must demonstrate all National Standard assessment criteria independently before they progress to the next Bikeability level.

All participants receive an official Bikeability certificate including a personal cycle skills profile.

This year, Bikeability have introduced a new digital platform for registering your child on the programme and to provide you with more information. Please sign up via the link below or by scanning the QR code provided.

- [Bikeability - Further Information and Consent](#)

Important bike, helmet and clothing guidance is available at: [Bikeability - Get Ready!](#)

Should you require any further information, please do not hesitate to get in touch.

Kind regards,

Richardson Endowed Primary School

