**Pedal Ready Cycle Skills Training programme**

Kia ora parent/caregiver,

Amesbury School is participating in the Pedal Ready cycle skills training programme again this year. The programme is aimed at delivering best practice cycle skills training and is part of BikeReady.

The training will take place from Tuesday 8th February 2022.

Your child will be recapping Grade 1 skills and, if ready, moving on to Grade 2 training (year 6 only).

The expected outcomes for the grades are:

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| **Grade 1** | **Grade 2** |
| Grade 1 trainees develop balance and bike control skills for:* starting/stopping and steering
* riding with one hand to signal
* looking all around (including behind).

They begin to build their knowledge of:* what makes a safe bike and helmet
* the legal requirements for cycling on-road
* bike control skills and observation techniques.
 | Grade 2 trainees refine their bike handling skills to:be able to ‘look, signal, look again, move’ when making turns, anddevelop observation techniques and hazard awareness for cycling on the roadThey build their knowledge of:* defensive cycling strategies
* basic road rules
* how to cycle on the road, including the importance of cycling in the appropriate lane position (to ‘see and be seen’) and in a variety of simple traffic situations.
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Your child will need:

* a bike in good working order (Pedal Ready will provide spare bikes)
* a standards-approved helmet that fits well (Pedal Ready will provide spare helmets)
* closed toe shoes
* to be able to ride a bike **(please let the school know if your childis a complete beginner)**

Please understand that as part of Grade 2 training, training will take place on suitably selected low-traffic public roads. There may also be an extension ride on off-road tracks, cycle ways or shared paths.

All students in year five and six will take part in this programme. We will assume we have permission for your child to take part in Pedal Ready unless we are informed otherwise. Please contact Hannah Gilmore if there are any issues with your child participating at kalesha@amesbury.school.nz

Please inform me also of any medical conditions or other needs that the course instructor needs to be aware of.

Thank you for your support of cycle skills training.

Ngā mihi nui

Kalesha Segatta