

Respect

Empathy

Ambition

Cooperation

Health



Sandwell Metropolitan Borough Council

Park Hill Primary School
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Thursday 12th June 2025

Dear Parent / Guardian,

We are excited to be working with BikeRight to offer Bikeability Level 1/2 combined to all Year 5 pupils in the next academic year. This course provides the opportunity to develop their bike skills and become more confident cyclists.

Level 1

Level 1 takes place off-road, normally on the school playground. This means that children can learn in a traffic-free environment.

Level 2

Level 2 teaches children how to grow more confident with each turn of the pedal. Our expert instructors will lead riders onto quiet roads, to experience “real” cycling.

This cycle training is provided to **all children in year 5, unless parents/guardians actively opt out** their child out of participating. Bikeability is funded by your local council and is provided completely free for schools. This will be a one-day course and your child will be allocated a day between the 6th – 10th October 2025. In order to participate, children should have:

- their own roadworthy bike (see reverse of letter to see what a roadworthy bike looks like)
- a helmet
- suitable and comfortable clothing to be worn on the day that they have been allocated

We are able to provide cycles and helmets for up to 12 children on Thursday 9th and Friday 10th for children who do not have a cycle but would like to take part.

On their allocated day, the children will come back to school for lunch on their allocated day and should book a dinner or bring a packed lunch as normal on this day.

Please complete the return slip below by Monday 14th July 2025

Miss Esty
Year 5 Class Teacher

Year 5 Bikeability – 6th-10th October 2025

I **do not** wish for my child to take part in Bikeability

I agree to my child taking part in Bikeability and will provide their own bike and helmet.

I agree to my child taking part in Bikeability and would like Bikeability to provide the bike and helmet.

Please state the confidence level of your child

- My child has never ridden a bike
- My child is learning to ride a bike
- My child is confident in riding a bike independently

Please provide 2 emergency contacts

Name..... Contact number.....

Name.....Contact number.....

Signed.....

Date.....

Bike Right - Cycle M Check



Saddle: Your child should be able to sit on the saddle and touch the ground with the balls of both feet. The minimum insertion safety line on the seat post should not be visible, and the seatpost should be tight.

- Is the saddle secure on the seat post?
- Does the seatpost wobble?
- Is the saddle at to correct height?

Handlebars: The bars should be firmly tight and not move independently up, down, or sideways. The minimum insertion safety line on the stem should not be showing.

- Are all the bolts tightened?
- Do your lights and bell work (if provided)?
- Are all the components tight?
- Is the stem/handlebar at the correct height?

Brake: Check that the brake levers are not too stiff or out of reach for your child's hands. Stand by your bike and pull the rear brake, check that if you pull the bike backwards, the front wheel should lift off the ground. Pull the front brake and push the bike forward and the back wheel should lift off the ground.

- Are the brake pads rubbing against the wheel rim?
- Are the brake levers touch the handlebar when pulled?
- Have loose or badly frayed/rusty cables?
- Can your child reach the brake levers easily?

Wheels: Check that both wheels run freely by spinning the wheel; if it does not turn but rubs against the brake blocks, you may need to get the wheel straightened or adjust the brakes. Check that the nuts or quick-release levers that hold the wheel in place are tight.

- Are the wheel tight against the frame?
- Is the wheel centred on the frame?
- Are there any loose or missing spokes?

Tyres: Check the tyre pressure; Squeeze your tyre for a quick check, you should barely be able to squeeze the tyre's side walls between your fingers and thumb. It's worth finding out the recommended tyre pressure in PSI (shown on each tyre's sidewall) and inflating accordingly.

- Are the tyres worn or damaged?
- Are the tyres pumped up?

Gears: Check that the chain is not coming off the front chain ring or sprockets at the back. Look for defective cables or incompatible parts. Look on the chain for signs of rust or stiff links.

- Are your gears not changing easily, or damage?
- Have badly frayed cables?
- Chain needs replacement?

Pedals: Check that the pedals are in good condition, fixed on tight and spin freely

- Are the pedals tight?