Mundesley Infant and Junior School

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AIM Federation: Small schools, big opportunities

10th January 2025

Dear Parents/Carers,

Re: Yr3/4 Bikeability Course - 1st May 2025

Bikeability is the modern version of cycling proficiency. The programme aims to equip pupils in Year 3/4 with the skills and confidence to make more journeys by bicycle.

The training is fully funded by Norfolk County Council and takes place in 1 x 2 hour session conducted entirely on the playground with qualified instructors.

Your child will come home with a consent form today that must be completed and returned by: 24th January 2025

The second page of this letter includes a checklist for you to complete to ensure your child's bike and equipment meet the course requirements.

Please ensure children bring in their bikes on this day and leaves them in the bike shelter at the side of the Junior school building. As a reminder for safety reasons cycles are not to be ridden onto/off school grounds they must be pushed.

Please contact the school office on 01263 720401 if you have any questions.

Kind Regards

Sophie Bugg
Head of Schools MIJS

Cycle & Helmet Checklist

Please check your child's cycle before the start of the course. If the bicycle is not roadworthy, pupils won't be able to participate in the course. Faults are often easily fixed but occasionally a new part from a bike shop is required so please check your child's cycle well in advance.

Cycle Checklist

Please tick off the cycle checks below:

1. MECHANICAL CONDITION:
Are the saddle, handlebars and wheel fixed on tight? ☐

2. FRAME & SEAT POST:
Is the frame the appropriate size for your child?

Can your child comfortably touch the floor with their toes whilst sat on the saddle? ☐

3. BRAKES:
Does the cycle have a working front and rear brake capable of stopping the cycle?

Can your child comfortably reach and operate the brake levers? ☐

4. TYRES:
Are both tyres inflated to the required tyre pressure stamped on the side of the tyre? ☐

5. CHAIN:
Have you cleaned and oiled the chain? ☐

6. GEARS:
If present, do the gears change smoothly without any delays? ☐



Did you know? Many local bike shops offer free cycle checks for Bikeability participants.

For advice and videos on checking cycles, helmets, and clothing before a course, please visit our website: www.outspokentraining.co.uk/parental-information/