



# Clitheroe Brookside Primary School

7<sup>th</sup> October 2021



Dear Parents

## **“Balanceability”, Cycling Initiative for Reception Children**

**Monday 11<sup>th</sup> to Thursday 14<sup>th</sup> October 2021**

We are delighted to be able to offer ‘Balanceability’ sessions to the children, which will be free of cost to yourself as school will fund the activity.

The sessions will take place outside so please can we ask that your child **comes to school** wearing tracksuit bottoms/legging/joggers (preferably navy or black) and suitable outdoor sports footwear (please bear in mind these may get scuffed) **on all 4 days**. The children are to wear school shirt, tie and jumper on their top half please. They will also need a suitable warm, waterproof coat and possibly gloves if the weather is very cold/wet. All other equipment (bikes, helmets etc) will be provided as part of the course.

To reassure you, strict procedures are in place to ensure the activity follows current COVID guidance.

We have taken part in this initiative over the past few years and it has been a very enjoyable, positive experience for all the children and we are sure they will come home telling you how much fun they have had!

Please see below a brief letter from Hyndburn School Sports and iCycle Ltd who will lead the sessions, explaining what to expect.

Yours sincerely

**Mrs Birch and Mrs Woodend**  
Class Teachers

---

Bright Street, Clitheroe, Lancs, BB7 1NW. Tel: 01200 425564/Email: [bursar@brookside.lancs.sch.uk](mailto:bursar@brookside.lancs.sch.uk)  
[www.brookside.lancs.sch.uk](http://www.brookside.lancs.sch.uk)



Dear Parent/Carer

## Re: Cycling Initiative for Reception Children

All reception children will soon be taking part in a series of balance bike lessons in order to equip them with the skills they need to progress on to riding a pedal bike unaided.

The course is broken down in to 3 stages:

- Prepare to ride
- Balance
- Prepare to pedal

Please note that at the end of our course almost all children will be balancing on their bikes. For children to progress further it is important that they do not go back to using a bike with stabilisers. In order to turn your bike at home in to a balance bike please remove the pedals.

Once your child can balance and manoeuvre at speed they are then ready for a pedal bike. Once again please do not use stabilizers, instead just put the pedals back on the bike and encourage the children to ride it as though it is still a balance bike. Once they are going fast enough they can then put their feet on to the pedals and begin pedalling.

Many thanks in advance for your support.

Jane Johnson  
Hyndburn School Sports  
Partnership

Jane Nolan  
I Cycle  
Cycle Training

---

Bright Street, Clitheroe, Lancs, BB7 1NW. Tel: 01200 425564/Email: [bursar@brookside.lancs.sch.uk](mailto:bursar@brookside.lancs.sch.uk)  
[www.brookside.lancs.sch.uk](http://www.brookside.lancs.sch.uk)

