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Year 6 Cycling

Dear Parent/Carer

As you are aware, pupils will be completing their level 1 and 2 National Standards Cycle Training over the next two weeks. 6GS will be taking part next week (Week commencing 13/05/24) and Mrs Jones' class the following week (Week commencing 20/05/24)

Could we please remind pupils to dress for the weather. Pupils can wear PE kits to school Monday to Thursday and will also need to bring a spare change of clothes in case it rains. Pupils may need coats and gloves if wet/cold. We have been told by the instructors that pupils will still go out to train even if it's raining.

Most importantly pupils must have their cycle helmets with them. (Spare helmets will be available for children who do not have one)

Due to a lack of space, children will need to bring their bikes to and from school each day

Below is a reminder of what the children will be doing for their level 1 and 2 training

LEVEL 1

Level 1 is an exciting gateway to starting your cycling adventure. A journey of many miles starts with the first step. Level 1 takes place off-road, normally on the school playground. This means that children can learn in a traffic-free environment.

We know that all children are different – some are more advanced at an early age, and some are more anxious to let go of those stabilizers. But don't worry – it's ALL normal! Whatever the age, National Standards cycle Training is here to support and guide you.

What will I learn?

National Standard Level 1 teaches you.

Maintain your cycle: make sure your ride is in tip-top condition and make simple repairs.

Glide: smooth, calm and collected

Control your bike: including setting off, cruising, slowing down, braking, and stopping. You'll even learn to pedal one handed!

Pedal: without feeling wobbly or out of control

Be aware of your surroundings: looking behind and turning around obstacles.



LEVEL 2 (only if level 1 outcomes have been achieved)

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.

Most children take part in Level 2 at school during year 6. This is when they are between 10 and 11 years old.

Level 2 can feel like the biggest step for both you and your child – it's cycling on the actual road! But with our instructors on hand, your child will feel confident and safe in no time at all.

What will I learn?

National Standards Level 2 teaches you.

Share the road with other vehicles.

Start and stop with more confidence.

Pass stationary vehicles parked on a road.

Understand the road: signals, signs, and road markings.

Negotiate the road: including quiet junctions, crossroads and depending on local road layouts - small roundabouts.

