

Bikeability Level 1 and 2 Holiday Course at Lampton Park on the 21st & 23rd October



Bikeability Level 2 course is aimed at Years 5 and 6, and teaches children the skills to be able to make a trip safely to school or for leisure on quiet roads.

This course includes a Bikeability Level 1 refresher session ensuring children are safe to carry on with Level 2, which takes place on roads local to the school.

All trainees are assessed against the following outcomes:

- ✓ All Level Bikeability 1 outcomes
- ✓ Completing an on-road journey whilst understanding where to ride on the roads being used
- ✓ Being aware of potential hazards
- ✓ Understanding how and when to signal intention to other road users
- ✓ Passing parked or slower moving vehicles and side-roads
- ✓ How to negotiate a T-junction from every direction as well as performing a U-turn
- ✓ Demonstrate decision-making and understanding of safe riding strategies and a basic understanding of the Highway Code



The Bikeability Level 2 Holiday Course is an excellent opportunity for children to participate in cycle training outside of school term time.

We will be holding the course at Lampton Park on the 21st October from 9:30 – 15:30 and continuing on the 23rd October from 9:30 – 12:45. The course is £15 per child and includes free bike hire. Each child will need to bring a helmet. For more information or to book your child's place please visit: <https://www.cycleexperience.com/Book-ForChildren/debc8671-bc77-4f63-95c4-b18cc0a9d723> or email brittany@cycleexperience.com.