



Cedarbank School

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3rd April 2019

Dear Parents / Carers,

I am delighted to inform you that after working collaboratively with Cycling Scotland and the West Lothian Bike Library, Cedarbank School pupils will have a block of cycling in the school playground next term. We will be using the 'BikeAbility' programme to monitor progress and assess pupils so that in the next academic year we can begin to take them on cycling trips outside of the school grounds. Below are the dates the pupils in each year group will attend.

S1 – will have a lesson period 4 and 5 on Tuesday 23rd and 30th April, 14th and 21st May.

S2 – will have a lesson period 2 and 3 on Tuesday 23rd and 30th April, 14th and 21st May.

S3 – will have a lesson during period 1 and 2 on Friday the 3rd and 17th May.

Bikeability Scotland, the modern day form of cycling proficiency, is a national scheme designed for the delivery within the school setting. Pupils will be working within the school grounds to improve their basic bike control skills, carry out simple checks on their bikes, adjusting bikes and helmets for safety and the use of brakes and gears.

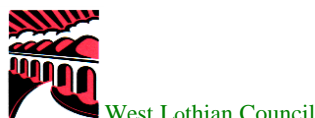
Some of the benefits of cycling include increased cardiovascular fitness, increased muscle strength and flexibility, improved joint mobility, decreased stress levels and improved posture and coordination.

Pupils that have difficulty on standard bikes will be provided with an adapted bike so that they can continue to develop their skills and confidence as well as their knowledge and understanding of cycling.

Pupils will need to make sure that they have brought appropriate kit to be outside during their cycling block. Pupils will be supplied with a safety checked bike and helmet, however if your child would like to bring their own bike and/or helmet they can do so.

Yours sincerely,

Mr A Cox
Physical Education Teacher



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