

21st May 2025

Dear Parent/Caregiver,

The School has agreed to participate in the BikeReady cycle skills training programme. This exciting programme is aimed at delivering best practice cycle skills training by qualified instructors. Riding a bike is a life skill just like swimming. With the right learning and experience, your child is ready for a lifetime of getting around by bike.

There are many benefits of cycle skills training. The training is great for the trainees' health and wellbeing, confidence and skills. Students will be undertaking Grade 1 BikeReady cycle skills training which will include: Starting and stopping, riding with one hand, looking around including behind, what makes a bike and helmet safe, bike control skills and observation techniques. These are ideal skills for riding in parks, playgrounds and bike only paths.

The providers are Nextbike NZ (NZQA Cycle skills educators) and AdventureWorks (NZQA registered PTE for Outdoor Education, registered adventure activity provider Certification Number 2015 283 AAO 303). The Providers are working together as the approved supplier for BikeReady cycle skills to our school. Both have more than 10 years experience operating in the Auckland region. The funding for BikeReady in schools has been made possible by the NZTA and ACC, through Auckland Transport.

Students will get the most out of this training if they can already ride a bicycle. If they can't, this will be their opportunity to learn! If you would like to give them a head start here is a useful video

<https://www.bikeready.govt.nz/parents/teach-your-kids-to-ride-a-bike/>

Students will need:

- A bike in good working order. Things to check on the bike:
 - Brakes, tyre pressure, handlebars, wheels spinning freely and light oil on the chain
 - **If you don't have a suitable bike we will provide one**
- A standards-approved helmet that fits well
 - **If you don't have a suitable helmet we will provide one**
- Ready to ride a bike
 - PE shorts or uniform track pants, closed footwear and a raincoat
 - Long hair tied back and low, to allow for a helmet
- To be able to ride a bike
 - **Please let your child's teacher know if they cannot balance on a bike**

During and after the training, it's a good idea to encourage your child to practice and develop the skills taught.

The cycle skills training programme will be taught to **Room 13 students on Monday 16th June**, and **Room 14 students on Tuesday 17th June**. Thank you for your support of the BikeReady cycle skills training. If you have any questions, please contact your child's teacher.

Kind regards

Kim James & Juliana Lee

Phase 2 Team Leaders