



Singlewell School
Mackenzie Way, Gravesend,
Kent, DA12 5TY
Telephone: (01474) 569859

Headteacher: Mrs Rebecca Catt
Assistant Headteacher: Mrs Joanne Broad

Dear Parents/Carers Sharks and Whales class,

This is just a message to say that we have 2 spaces left for the bikeability course on the Thursday 24th and Friday 25th October. If you would like your child to attend the course please let Mr Roe know as soon as possible. Your child would just need a road-worthy bike and helmet to attend.

Below is the key information:

What is

Bikeability is the 21st Century's cycle training for children. It is about gaining practical cycle skills and understanding how to cycle safely on today's roads. Bikeability gives people the skills and confidence for all kinds of cycling.

Our courses are run by Take Pride CIC under the registered scheme name Activriders. Bikeability is based on the government-approved National Standards for cycle training by our accredited Bikeability instructors.

It's hard to believe that only 2% of the UK population are using a bicycle for their journeys to school or to work, against 64% using cars for their commutes!
Take Pride CIC / Activriders aim to increase young people's participation and enjoyment of physical activity and ensure they have the chance to experience and enjoy different sports to benefit their health, fitness and education.

Bikeability?

Bikeability is much more than a cycle training programme. It provides your child a life skill with long-lasting benefits including a way of staying fit and healthy whilst being a sustainable way of travelling to places in the local area.

Bikeability supports the culture, ethos and environment of a healthy school and can support your child's learning in key areas such as Literacy, Maths, Science and Geography.

Kind regards,

Mr Roe