

Bikeability Level 1



Exclusive for ARENA Members

Bikeability Level 1 is a new initiative to inspire children in Year 3 & 4 to take to two wheels.

Level 1 training teaches pupils to control and master a bike. The training takes place in an environment away from cars or traffic – usually in a playground or a closed car park and aims to encourage and develop basic cycle control skills while giving the children confidence to use their cycles more often and give them the skills that they need to take part in Bikeability in the future.

As an ARENA Member we can offer you the opportunity to access 1 free Bikeability Level 1 course, with additional courses costing just £80 +VAT

What do you get for your course?:

- * A qualified instructor with all resources needed to deliver sessions**
- * 2 hours of training for 15 pupils**
- * Certificate and badge for all pupils that pass**

Bikeability is much more than a cycle training programme. It delivers wide-ranging and long lasting benefits to young people, families and communities. Bikeability supports the culture, ethos and environment of a healthy school and can contribute to:

- ✓ Attainment
- ✓ Personal, Health, Social & Economic Education (PHSE)
- ✓ Citizenship & British Values
- ✓ Emotional Health & Wellbeing
- ✓ School Sport, Physical Activity & Physical Literacy
- ✓ Spiritual, Moral, Social & Cultural Development (SMSC)
- ✓ Cross Curricular Opportunities

For more information and to book please contact Julie Ponting on jponting@callingtoncc.net

