

## Community Cycle Day- 9<sup>th</sup> April 2025

On Wednesday 9<sup>th</sup> April 2025 Willow Tree Primary will be hosting a Community Cycle Day.

**'Bike futures'** will be at Willow Tree providing **FREE bike maintenance**. This will be on a first come first serve basis- there will be 3 mechanics and they anticipate being able to service around 40-50 bikes during the day.

**'I want to ride my bike'** will also be here providing **FREE learn to cycle sessions**. These need to be booked in advance and again will be on a first come first serve basis.

To request a place, please complete the form below and return to [admin@willowtree.nsat.org.uk](mailto:admin@willowtree.nsat.org.uk) by Wednesday 5<sup>th</sup> April 2025 at the latest. You will receive an email confirming if you have a space by Friday 7<sup>th</sup> April (or sooner as places will be allocated on a first come, first serve basis).

Parents need to stay during their child's session and remain responsible for their children at all times. Please ensure you request the correct session for your child and complete the form below to the best of your knowledge as classes can only run successfully if the child is in the correct class for their ability.

The event is open to anyone in our community so please spread the word!

Thanks,

Willow Tree Team

9.30-10.15	Reception and Year 1	Learn to Ride	This session is for reception and year 1 children who can't yet ride a bike without stabilisers for the length of the playground
10.30-12	Year 5 and Year 6	Bike ability	This session is for children who can already ride a bike and covers basic bike maintenance, control and confidence and awareness of surroundings. Children will need to bring a roadworthy bike and helmet.
1-2	Year 2 and Year 3	Learn to Ride	This session is for children in year 2 and year 3 who can't yet ride a bike without stabilisers for the length of the playground
2.30-3	Year 4 and Year 5	Learn to Ride	This session is for children in year 4 and year 5 who can't yet ride a bike without stabilisers. If children have their own bike and helmet, please bring this along.
3.15-3.45	Year 4 and Year 5	Learn to Ride	This session is for children in year 4 and year 5 who can't yet ride a bike without stabilisers. If children have their own bike and helmet, please bring this along.

Childs name :.....

Date of Birth

:.....

Year group.....

Does your child have special educational, behavioural, medical or physical needs? (If yes, please give details)

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\*\*\* A balance bike is a cycle without pedals or stabilizers used to practice...balance! \*\*\*

<b>My child is... (please circle one)</b>	Unable to ride a balance bike and or rides a bike with stabilisers	Can ride a balance bike confidently (and balance <b>without</b> feet on the ground) but <b>can't</b> ride a pedal bike	Can ride a pedal bike <b>without</b> stabilisers
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If your child has a cycle helmet, please bring it on the day. My child will bring a helmet  
YES/NO

If you have requested the year 5/6 bike ability session, your child will bring their own bike and helmet (essential) YES/NO

If you have requested the year 4/5 learn to bike session, your child will bring their own bike and helmet YES/NO

By signing, you understand that you remain responsible for your child at all times during the event and will supervise appropriately.





**Willow Tree Primary School**

Wetherby Road, Harrogate, HG2 7SG

**T:** 01423 883551 **E:** admin@willowtree.nsat.org.uk

**W:** willowtreeprimary.co.uk

Signed .....

Date .....

Print Name and relation to child.....

### **Learning to Ride a Bike- Advice and Guidance after the sessions**

After the sessions, we hope your child will be able to ride a bike! Please remember children may still need help setting off, especially if their own bike is bigger/smaller/heavier than the ones they have learnt on. Your child will be able to adapt but please be patient as it may take time to do this.

The bikes the children are riding are Wild bikes from Go outdoors which are very easy to ride, but once you can ride a bike, you can/should be able to ride any bike, it may just take time to adapt. Sometimes, however, the heavier bikes are totally impracticable, and your child may not be able to ride it at all.

Please make sure they can stop safely, by using your little finger to apply the brake. If you can't apply the brake with your little finger, they won't have the strength in their little hands to use theirs. Make sure they can reach the brake lever, using the left (rear brake) and that their tyres are pumped up hard as this makes getting up to speed so much easier.

Dave Burns 'the bike man'