



# BEACON PRIMARY ACADEMY

## Balanceability Programme Rec and Y1

Balanceability is the UK's first and only accredited 'learn to cycle' programme for children aged 3 to 6 years old.

It is a programme that we have invested in that will help to teach your child how to ride a bike **safely**. We begin using balance bikes (with no pedals) and will then move on to pedal bikes when the children are ready.

For children who can already ride a bike, the focus will be on control and key aspects of road safety, which then takes them onto the Bikeability programme, again supported by Lincolnshire County Council from Year 5 upwards.

Your child will receive a **free helmet**.

These have been sponsored by Councillor Sid Dennis and the Community Grant Scheme.



Our aim is to support our children with learning to ride a bike safely with full control and road awareness. We want to encourage all the children to wear a helmet when on their bike.



If your child/ren has a helmet that no longer fits and is still in good condition, please bring this into school so we can recycle and give to other children.



Year 1 have already received their balanceability sessions for this academic year and will continue this again in Year 2. We would, however still encourage your child to practice and to wear the helmet they receive at home. Their new helmets will be fitted on Thursday 28th February and they will then be able to bring this home.

Reception will be starting their sessions on Thursday 28th February and will be fitted with their helmet which can then be taken home. Please make sure they bring it to school on the day of each session ( a text message will go out the day before the session to remind you).