

# Club leads:

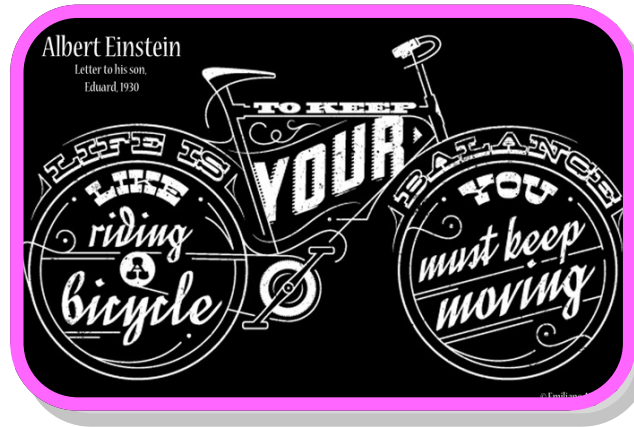
Mrs T Trotter



Mrs D Dunn



School will provide:  
Bike  
Helmet.  
Lights.



What benefits will I get from cycling?

- Balance
- Coordination
- Physical fitness
- Concentration
- Relaxing
- Independence



## Weekly Overview

### Week 1

Bike safety and introduction.

### Week 2

Introduction to a bike.

### Week 3

Woodland walk ride.

### Week 4

Obstacle course—Yard

### Week 5

Obstacle course—Yard

### Week 6

Woodland walk and obstacle course.

### Week 7

Bike Maintenance.

### Week 8

Woodland walk and obstacle course.

### Week 9

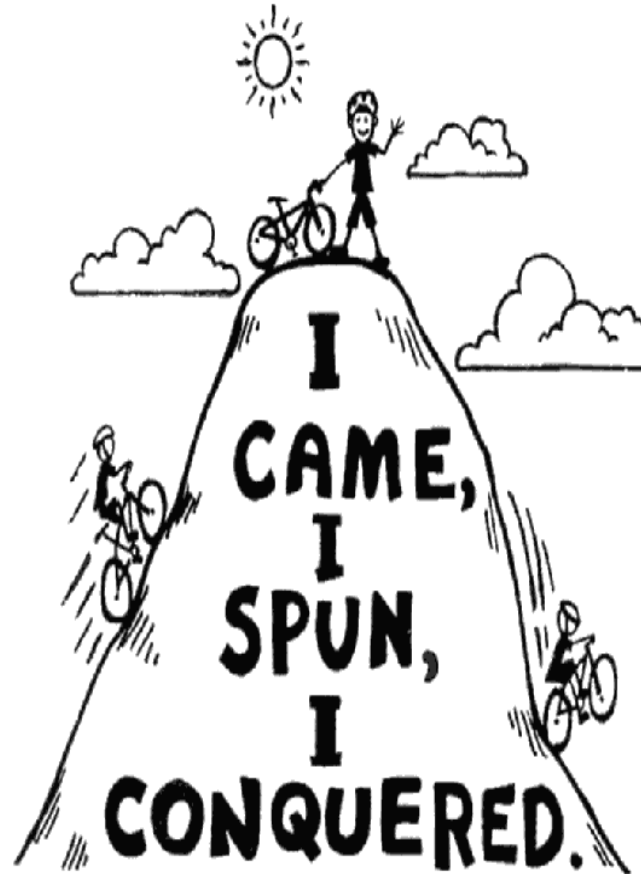
Woodland walk and obstacle course.

### Week 10

Skills competition.

**Cycling skills will take place on:**

- ⇒ 20th September
- ⇒ 27th September
- ⇒ 4th October
- ⇒ 11th October
- ⇒ 18th October
- ⇒ 8th November
- ⇒ 15th November
- ⇒ 22nd November
- ⇒ 29th November
- ⇒ 6th December



Everyone will receive a certificate at the end of the term. An award will be presented to the winner of the skills competition.

# Extended Schools Information

## Cycling skills

Wednesday 3:00pm—4:00pm

Class 7—Class 11

