



Senior School Headmaster: Mr J.Bushrod B.Sc. Hons. PGCE  
Junior School Headmistress: Mrs. J.Jenner B.Ed Hons. B.A.  
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## Bikeability Course

Exeter City Council are offering FREE cycle training, but this is about to end

### What is Bikeability:

Bikeability is the Cycling Proficiency Test for the 21st century, designed to give the next generation the skills and confidence to ride their bikes on today's roads. There are three Bikeability levels and children will be encouraged and inspired to achieve all three levels, recognising that there is always more to learn and to enjoy on a bike.

[www.bikeability.org.uk](http://www.bikeability.org.uk)

[www.cycleexeter.org.uk](http://www.cycleexeter.org.uk)

Our course aims to get pupils through their Level 1 & 2 Bikeability assessments.

**Who can go?:** Any pupil who can ride a bike with skill. They need to be able to:

- Start & stop with skill
- Control the bike through a series of cones

### Which Class:

- Minimum age 10yrs, no maximum age.  
I became a more confident & safer cyclist, doing the instructor training course. I know all pupils who take part will gain from this.



**Certification:** On successfully completing either or both the courses, pupils receive a Bikeability badge & certificate.

**Cost:** Nil

### Dates:

1 – 1½ hr a day for 5 days  
Mon. 28<sup>th</sup> Feb. to Fri. 4<sup>th</sup> March

**Magdalen Court School is a Family Trust promoting children's education.**

Magdalen Court School, Mulberry House, Victoria Park Road, Exeter EX2 4NU  
Tel: (01392) 494919 Fax: 0844-0404 101 International: 44-1392-494919 (24hrs)  
E-Mail: [Enquires@mcs-exeter.co.uk](mailto:Enquires@mcs-exeter.co.uk) Internet: [www.mcs-exeter.co.uk](http://www.mcs-exeter.co.uk)

### What do they need?

- Road or Mountain Bicycle in good order, with working brakes.
- Cycle helmet.
- Appropriate clothing for the day, we provide a high vis vest for them to borrow on the day.
- Packed lunch + drink.
- Pocket money for ice cream/sweats.
- Trainers or other suitable footwear for cycling

**Numbers:** 6 per class. We will the option to bring in several outside instructors to assist with this.

### Bikeability Level 1

Will be conducted on the school site & takes about an hour.

Students must successfully complete the Level 1 course before they move onto the Level 2 course. If you can ride a bike, you will be fine. We just lay down some simple skills which we will use on the Level 2 course.



### Bikeability Level 2

Is conducted on quiet roads & cycle paths around the school, County Hall & Exeter Canal Basin. It is a modular course, starting simple, delivered in a very controlled way, in a low hazard environment & then as they demonstrate a proficient command of the skills, so the tasks become more complex & the environment slightly more challenging. The intention is to equip them with the skills to cycle on the roads to & from school safely.

Is considerably more demanding than the level 1 course, pupils will have to show a high degree of control, hazard awareness & appropriate road positioning to pass this course.



### Bikeability Level 3

Is conducted on major roads, during busy times, complex multi lane junctions etc.

Our pupils who have just successfully completed their Silver Duke of Edinburgh Award expedition by bike, completed their Level 3 Bikeability course with me as part of their training.



So, come on, get on your bike & improve your road cycling skills. I thoroughly enjoyed training to gain my instructors qualification & became a much more confident road cyclist in the process.

Yours sincerely

John Jenner jr.  
National Standard (Bikeability) Instructor



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----- Return Tue. 17<sup>th</sup> Feb -----

I would like my son/daughter to take part in Bikeability Cycle Course.

- Course fee: Nil
- Course Date: 1 – 1½ hr a day for 5 days  
Mon. 28<sup>th</sup> Feb. to Fri. 4<sup>th</sup> March

I need confirmation of your child wanting to do the course TODAY

Either

- Drop this receipt in at the school office
- Write of an e-mail confirmation to [John@MagdalenCourtSchool.co.uk](mailto:John@MagdalenCourtSchool.co.uk)
- Send me a text: 07970-434199

If you are not aware of the risks involved or the procedures we put in place to manage these, please ask myself, & I will be most happy to describe the activity in greater detail, explaining the potential risks your child will be exposed to.

Name of Child: ..... Parent's signature: .....

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