



Senior School Headmaster: Mr J.Bushrod B.Sc. Hons. PGCE
Junior School Headmistress: Mrs. J.Jenner B.Ed Hons. B.A.
Deputy Head: Mr J.Jenner Jnr. B.Ed. Hons. Adv. Dip. (I.T.) F.I.S.T.C

Bikeability Course

Exeter City council has offered our pupils a FREE cycle proficiency course

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

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

Age:

- 9yrs old or older.

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

Cost: Free

Dates/Times: Week starting Mon. 21st May,
(2hrs per day for 5 days)



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 Internet: 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 course (I can get another instructor, if demand warrants it).

It's a great help to have 1 adult helper per group, so if you can cycle & fancy giving us a hand for the day, that would be great.

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



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 Internet: www.mcs-exeter.co.uk

----- Return Mon. 20th Feb. -----

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

No cost

- Week long course starting 21st May. (2hrs per day)

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:

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 Internet: www.mcs-exeter.co.uk