

Brilliant Bike Ability Cycles To Kea School.



By Caitlin, Charlotte, Savannah and Ashton.

During the first spring term, Liz, Andrew and Mark from Bike Ability, came to Kea School to teach Y5 how to ride safely on the road. They started by practising on the court, then the next day, the instructors took them onto Old Coach Road.

What Bike Ability is

Bike Ability, which is a cycle training programme, teaches you practical skills and how to ride safely on today's roads. Caitlin- "At first, I didn't know how to ride a bike on the road, then Bike Ability taught me that sometimes the road isn't safe." In total, the company have taught 2,631,952 people how to ride.

Before you ride anywhere on your bike, the instructors always say you should do an M-Check, which is checking your bike from the front wheel, to the handle bars, down to the saddle, then to the peddles and then to the back wheel ; don't forget the brakes!

After
you've
done your
M-Check,



your bike will be safe to ride on.

There are three levels but Y5 completed 2, because the third level is usually completed in secondary school as level three would be too complicated for primary children.

Matisse – "It was hard but useful."

Skills

Both on the court and on the road, Y5 learnt to do different turns, changing gears and also indicating. Eventually, most of the Y5's could successfully do the turns, gears and indicating by themselves. One of the main turns they did, is a U- Turn (when you turn around in a U shape).

Rewards

When the children hopefully pass both of the levels, they will receive a certificate and a badge. When they get these rewards, it means that they are now allowed to ride on the road!

Now Y5 know how to ride a bike safely on the road and they appreciate their instructors (Liz, Andrew and Mark) because they took their spare time to teach the children. The instructors have not only helped Y5 ride a bike on the road, but they have also taught many other Y5 children from different schools.