



Re: Lunchtime Bike Club

Dear Parents/Carers

We set up a weekly lunchtime bike club as part of our PE and Sport Development encouraging more physical activities throughout the school term.

Why cycling is good for children:

- Keeping physically active.
- Healthy exercise habits.
- Staying healthy.
- Improves focus in class.
- Helps being ready to learn.
- Positive mental health.
- Something the family can do together at home.
- It is fun!

Long term impacts for your child from cycling are:

- Helping the environment when travelling independently.
- A good way to get out and about.
- Travelling to and from places.
- Being physically active and having positive mental well-being.

We want to establish healthy exercise habits that will stay with your children for life from now and onwards.

Each term, we will train a group of children every week to ride safely which includes naming parts of a bicycle; braking properly; road rules and how to ride a bike correctly.

During the lunchtime bike club, we provide your child with a bike kit to change into with padding, high-visibility vest and helmet as well as a bicycle!

If you have any questions or comments, please feel free to get in touch with us.

Regards

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