



John Clifford School
Nether Street
Beeston
Nottingham
NG9 2AT
Telephone: 0115 9258057
Email: office@johnclifford.school
Headteacher: Janine Waring
Acting Headteacher: Kayley Allcoat

18th December 2026

FAO Year 5 only

Year 5 Bikeability Training

**Monday 9th February, Tuesday 10th February, Wednesday 11th February, Thursday 12th
February and Friday 13th February**

Dear Parents and Carers,

We are offering the Bikeability training program for Year 5, which will equip your child with the knowledge and awareness to ride a bike safely. This will involve sessions both on the playground and on the road under the supervision of John Clifford School staff and trained bike instructors. The Bikeability training will be delivered by First Grade Sports and you can find out more on their website:

<https://www.firstgradesports.co.uk/bikeability/>

The sessions will take place on Monday 9th February, Tuesday 10th February, Wednesday 11th February, Thursday 12th February and Friday 13th February with children cycling in small groups at different times of the school day. When not taking part in cycling, children will be working in school as usual.

To take part in the Bikeability course, your child will need:

- to be able to ride a bike without help,
- a roadworthy bicycle with working brakes, pumped up tyres and a saddle at the correct height (please see the notes attached for further details on this). Children who do not have a bike may be able to borrow one from a friend.
- a bicycle helmet marked with your child's name (we can loan a helmet from school if you do not have one)
- a waterproof coat and gloves in case of cold/ wet weather. Uniform should be worn to school as normal, but jogging bottoms or tracksuit trousers may be worn if desired for cycling.

Certificates and badges will be awarded to all children completing the course.



John Clifford School
Nether Street
Beeston
Nottingham
NG9 2AT

Telephone: 0115 9258057
Email: office@johnclifford.school
Headteacher: Janine Waring
Acting Headteacher: Kayley Allcoat

Could you please complete the following form via the link below by **Monday 5th January 2026**.

[Bikeability Link](#)

As this information goes directly to the Bikeability team, in addition to completing the form above, we please ask that you let us know directly by completing the below form if your child will need to borrow a bicycle or helmet in order to take part. This enables us to try and plan the support required for those children without their own bicycle.

[Y4/5 Bikeability 2026 – Fill in form](#)

On the days of the training, your child will need to bring their bike to school and leave it on the junior playground (not in the bike shed) so that it is easily accessible during the day.

If you have any queries, please do not hesitate to contact me or any member of the Year 5 team.

Thank you in advance for your co-operation.

Kind Regards,

Miss Corral

PE Leader



The White Hills Park Trust
A Culture of Excellence