



Outspoken Training
 The Bike Depot
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31 January 2019

Dear Parents/Guardians of FS Children

BALANCE BIKE LESSONS

Balance Bike is a development programme funded by Lincolnshire County Council, which uses specially designed bikes to enable young children to be more active whilst having fun.

In Summer 1 (just after Easter) your child will be taking part in sessions of balance bike training to be run by Outspoken Training. Balance bikes have no pedals and give young children the confidence to develop their balance quickly. In an exciting and nurturing environment, children will improve their motor skills as well as learning an important life skill; riding a bike competently. The programme is suitable for all children, whether they can ride a bike or not.

Outspoken Training already delivers Bikeability in our school, teaching Year 5/6 pupils to cycle safely on the roads. They will provide all the equipment for these sessions. All Outspoken instructors are DBS checked with safeguarding and emergency first aid certification. In addition, at least one class-based teaching assistant from the school will be with the children at all times.

Outspoken Training would like to take photos or record videos for the sole purpose of advertising for Outspoken Training. Please mark the permission slip below appropriately regarding your permission for this.

We are very much looking forward to our FS children receiving Bikeability Balance training and if you have any questions about the course, please do not hesitate to contact me.

Although this is very early, I have to confirm numbers to Outspoken by 15 February so please ensure that you have returned your slip to me by 14 February.

Yours sincerely

Mrs Ailsa Lewis
 Teaching Assistant

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FS – BIKEABILITY BALANCE TRAINING – MRS LEWIS

Child: Class:.....

- My child may take part in this training
- My child may appear in photos and videos across any media used by Outspoken Training
- My child may not appear in photos and videos for use by Outspoken Training

Signed: (Parent/Guardian)

PLEASE RETURN THIS TO MRS LEWIS BY 14 FEBRUARY 2019