



Oakington Primary School

BETTER BY

Get Better at Biking!



It's chilly now but spring is round the corner and later this term there will be lots of opportunities to use and improve your cycling skills, even if you can't ride a bike yet! Read on to find out more and make sure you don't miss out...

The last Monday before the Easter holidays is a training day – a cycle training day, that is! On 27th March everyone in years Reception – 4 will take part in off-road training sessions on the playground, building up to the skills needed to ride safely on a road with an adult. The skills taught will depend on age and ability – from staying upright to hand signals. Don't worry if your child is a bit wobbly – there are special sessions for improving the confidence of the most novice riders. Stabilisers and balance bikes are welcome. If you don't

On Your Own Two Wheels

A chance for children to learn to ride a 'proper' bike and get on their own two wheels. After school on Thursday 23rd February we are holding a special session for children with their parents, grandparents or carers, giving them the tips and techniques they need to learn to cycle. In the past, a lot of children have gone home from the session already riding their bikes.

If your child has been riding a bike with stabilisers or a balance bike for a while, or you feel they are old enough to manage their 'grown-up' bicycle, do sign up for the session. It's most suitable for Year 1 upwards, although some younger children are keen and ready to cycle. Or if you can't come to an after-school session on that day, get some tips for teaching them yourself.



Send an e-mail to bikeit@oakingtonschool.org.uk.



have a bike, don't panic – a few will be available to borrow. More details to follow.

Years 5 (and 6 who need it) don't miss out – you'll get Bikeability (like Cycling Proficiency) training in May. Everyone will be able to enjoy riding their bikes safely this summer!

Better by BIKE FOOT PARK & STRIDE

Houses Take on the Big Pedal

The 'Big Pedal' is a 'virtual' cycle race between schools all over the country. The greater the proportion of pupils cycling or scooting to school, the better the school does in the race – and parents and pre-school siblings also count! Schools will battle it out over the last fortnight of term. Oakington has done very well in this competition in the past – you might spot the trophy in the entrance hall.



This year the Big Pedal will also be a competition between the houses in school. Cyclists and scootists will collect stamps on their Big Pedal cards which will convert into housepoints. Which of Phoenix, Griffin, Dragon or Centaur will be fastest on wheels and win the race?

Join the Club!

If your child enjoys riding their bike, why not let them come to Bike Club? This free after-school club takes place on the playground on Mondays after half term. We play cycling games, sharpen our skills, and have lots of fun. We always start with biscuits and finish by awarding Bike It Bear to the cyclist who's shined the most!

The club is for confident cyclists from Year 2 upwards, and younger children who aren't fazed by pedalling among the biggies.

If your child is interested, drop us an e-mail:
bikeit@oakingtonschool.org.uk.



Help Needed – Satisfaction Guaranteed!



Have you got an hour to spare on Monday 27th March? We need a few more adult helpers for the cycle skills training sessions. You don't need to be an expert cyclist – all you need is a little energy. We'll show you what to do. There's no greater satisfaction than the smile on a child's face when they've learned to cycle with you.

If you think you think you might be able to help, or want to find out more, e-mail:
bikeit@oakingtonschool.org.uk.

Cycle Skills



We have a cycle skills DVD you can borrow - eg. turning right at junctions, negotiating roundabouts. It's suitable for children from Key Stage 2 upwards. E-mail bikeit@oakingtonschool.org.uk.

DATES FOR YOUR DIARY

Mon 20 Feb **Bike Club starts**
Thur 23 Feb **'On Your Own Two Wheels' session**
20 – 31 March **The Big Pedal**
Mon 27 March **Playground Cycle Training Day**

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