

# Cycling Policy



**September 2023**

To be reviewed 2025 or as required

## **Rationale**

Learning to ride a bicycle is a skill children will take with them into adulthood. Bike riding encourages children to exercise and inspires them to explore their surroundings in a fun, environmentally friendly way. Cycling is a sustainable, low-cost, green way to get around. In addition to cycling sustainable and active travel includes walking, scooters and public transport.

## **Travel Plan**

Orchard, Southwold and Hoxton Garden Primary Schools have Travel Plans; schemes which aim to reduce car use and encourage other, healthier, forms of transport. Children working on School Travel Plan projects learn about transport and road safety issues and the impact of different types of transport on their local community.

## **Implementation**

At Orchard, Southwold and Hoxton Garden Primary Schools, all Key Stage 2 children take part in cycle training lessons as part of their learning. Lessons are taught in small groups by accredited Cycle Training Instructors. The content of lessons is approved by the Government (Department for Transport) and staff giving lessons are insured, trained instructors who have completed DBS checks and registration, have first aid training and are experienced in working with children including children with SEN. This provision is risk assessed to ensure it meets health and safety expectations.

## **Lessons**

Cycling lessons involve much more than learning how to ride a bike. Lessons are about safe, confident bike riding and will include some on-road experience once children demonstrate the necessary bicycle control skills and maturity. Prior to this children take part in a series of assessments (in the playground or local parks) to demonstrate to their instructors they can concentrate, learn safely and have the capability to move to the next skill level.

There are three levels for National Standards cycle training. Children's courses always begin with Level 1. Level 1 takes place off-road and ensures children can ride and control the bike. Level 2 introduces children to riding on-road for short journeys. Level 3 tackles more difficult road junctions and is generally taught to secondary pupils and adults.

Details of the three National Standards levels are accessible at <https://www.gov.uk/government/publications/national-standard-for-cycle-training> and <https://www.bikeability.org.uk/>

## **See also:**

Health & Safety Policy  
Safeguarding Policy  
PE #policy  
Learning & Teaching Policy  
School Travel Plan