



Hamble Primary School

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Headteacher: Mrs Claire Hewitt BA (Hons) PGCE MEd (Open)



Dear Parent / Guardian,

At **Hamble Primary School**, we are committed to supporting our children's physical development, confidence and mental wellbeing. As part of this commitment, we are pleased to offer your child the opportunity to take part in Bikeability Balance training, delivered in school by our partners at Hampshire Outdoors.

This training is primarily aimed at children in reception and is part of the nationally recognised Bikeability programme, supported by the Department for Transport.

Bikeability Balance is a series of fun, school-based sessions that give children a positive early experience of being on two wheels. Using balance bikes (bikes without pedals), children will take part in games and activities designed to develop balance, coordination, spatial awareness, and confidence. These sessions are an invaluable tool for the children, regardless of if they can currently ride a bike.

During the sessions, children will learn to:

- Identify the parts of a balance bike
- Get on and off safely
- Push and glide
- Stop safely
- Steer and control the bike
- Be aware of their surroundings
- Share space with others

There is **no need to bring anything**, as balance bikes and helmets will be provided.

All Bikeability training is delivered by qualified, professional, DBS-checked National Standard Instructors, ensuring a safe and supportive learning environment. At the end of the training, each child will receive a certificate and sticker to celebrate their achievement. If you would like your child to take part, please click the link below to complete the consent form as soon as possible, so that arrangements can be made for every child. If you are unable to complete the form online, please contact the school office, who will be happy to support you.

<https://consent.bikeability.org.uk/sort-dyed-axe>

The sessions will be running from **Monday 9th – Thursday 12th February 2026**. Consent forms **must** be completed by **Monday 19th January 2026** as they are collected externally.

If you have any questions, please do not hesitate to contact us via the school.

Yours sincerely,

Miss S Churcher PE Leader at Hamble Primary School
In partnership with the Bikeability Team at Hampshire Outdoors