



Bikeability



Year 6 pupils recently had the opportunity to bring their bicycles into school to take part in the government's national training programme.

Bikeability cycle training equips children with vital life skills. Pupils not only learn to cycle, they gain independence, social skills and a sense of wellbeing.

After Bikeability, children are better at responding to risk and report increased confidence. As a result, more children cycle to school which in turn improves mental health and wellbeing. This allows children to get more out of the classroom, improving their attention span and engagement. Healthier habits lead to increased attendance and improved academic results. Bikeability goes beyond a training course; it impacts children's lives.

