

Cycling Progression of Skills

Whilst at Townhill, we offer all of our children the chance to learn how to use a bicycle, ride a bicycle on local pathways or roads and ensure they leave with a greater understanding of road safety. The need for this is high as some of our children will not have had the experience of doing this outside of school as well as the number of busy roads and pathways in our local area.

Children are assessed on their first session so are in appropriate groups for their experience and abilities. They then undertake sessions on the school playground and some progress onto the pathways and roads around the school. We follow the Bikeability progression of cycling skills.

Level 1

- Prepare themselves for a journey
- Check the cycle is ready for a journey
- Set off, pedal, slow down and stop
- Pedal (including looking behind, cycling one handed, turning and controlling speed)



Level 2

- Cycle safely and responsibly
- Identify and respond to hazards
- Start and stop on-road journeys
- Maintain suitable riding positions
- Share the road with others and communicate with other road users
- Comply with signals, signs and road markings
- Manage risk when cycling
- Negotiate junctions (pass side roads, turn at T junctions, and crossroads and roundabouts if present).



Level 3

- Plan a journey
 - Plan to and ride assertively everywhere cycling is permitted
 - Maintain suitable riding positions
 - Cooperate with and respect other road users (including avoiding driver blind spots and riding with others)
 - Pass queuing traffic and use junctions controlled by traffic lights (if present)
 - Use cycle infrastructure and multi lane roads (if present)
- Ride on roads with speeds above 30 mph (if present)

