



EMBSAY C of E (VC) PRIMARY SCHOOL
PASTURE ROAD, EMBSAY
SKIPTON, BD23 6RH

Registered Charity Number 1047224

Phone / Fax: 01756 793426
Email: admin@embsay.n-yorks.sch.uk

Interim Headteacher: Mr Tim Whitehead

19.04.24

Dear Parents

On Friday 26th April, all Y5 children will be taking part in a cycling proficiency day run by Phil Bateman (former Olympic cyclist) from Pro Ride Coaching. It will take place within the school grounds and not on roads. Children need to bring a bike, a helmet and wear suitable clothes and footwear. Spare bikes and helmets are available on request so please do get on touch if this is required!

Bikes can be delivered to school on the morning and will be stored in the school hall. Please ensure that the bike used is in good working order, with two fully functioning brakes.

Skills such as starting, stopping, cornering, riding close to others, overtaking, riding in single file, in pairs, and in small groups are all covered here. The focus then switches to developing bike handling skills by using a series of activity stations where the children tackle different obstacles such as slalom, limbo, and ramps. Finally, the children get their chance to take on their friends in a series of fun races tailored to the age and ability of the group and the space available.

This activity will be funded from some PE funding which we have received this year.

If you have any questions, then please do not hesitate to contact the school office.

Yours sincerely,

Mr T Whitehead Interim Headteacher

