

# pedal power

under 10s cycle training

# 2

Whole class cycle-sense training for key stage two. All you need is a

helmet and some wheels.

The training includes helmet and bike checks, "cycle sense" and "cycle skills" sessions.



This training can be carried out for a whole class of 30 at a time on the playground, with the help of two or three staff or parents. It takes, on average, half an hour.

# what it involves:

## clothing and equipment

- Benefits of Hi-vis
- Helmets
- Lights, reflectors and bells
- Keeping trousers out of your chain

## bike and helmet checks

- Full bike check demonstration
- How helmets are worn properly

## cycle sense

- Road signs and what they mean
- Signals
- Hazards

## skills

- Slalom cones
- Cycling straight
- Turning round



Call 023 9268 8263 or email  
[roadsafety@portsmouthcc.gov.uk](mailto:roadsafety@portsmouthcc.gov.uk)