



PARENT & PUPIL GUIDE

Your child's school cycling programme

Practical ways to get ready, support your child and keep the learning going. Your school will confirm the programme and dates arranged with Cyclopath.

Encouragement makes a difference

Focus on confidence, enjoyment and steady progress. Children start with different experiences, and learning to cycle is not a race or a competition.

Which programme is taking place?

Programme	Delivery
Cycle Right Stage 1	8 hours over multiple visits
Cycling Skills	5 hours over multiple visits
Inclusive Learn to Cycle	4 hours over multiple visits
Balance Bikes	5 hours over multiple visits

Bikes and helmets

Bikes and helmets are provided for all primary programmes. We encourage children to use their own where possible, as these are what they are most comfortable using. Follow the school's instructions about bringing a bike and helmet, and tell the school about any concerns beforehand.

Getting ready for a lesson

Choose clothing and footwear suitable for cycling and the weather. Secure loose laces or clothing that could catch on the bike. If your child is using their own bike, tell the school about any problems with the brakes, tyres or fit before training. Ask the school if you are unsure about a bicycle or helmet.

If your child needs extra support

Let the school know about support that may help your child take part, using its normal confidential arrangements. Speak with the school if your child is nervous or you have questions about suitability. The school will discuss any relevant arrangements with the instructor team.

Questions? Please contact your school's programme coordinator.
Helping people cycle safely, confidently, and more often.



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Keep the learning going at home

What does the road session mean?

On-road participation in Cycle Right is for pupils assessed as road ready. Not every pupil will take part on the road. Your school and Cyclopath will agree the arrangements. Taking part in a lesson does not mean a child is ready to cycle independently on every road or route.

Make practice positive

Ask your child what they enjoyed and what they would like to try again. Choose a suitable traffic-free place for practice, with appropriate adult supervision. Keep practice manageable, build on feedback shared by the school and stop if the child is tired or uncomfortable. Ask the school to pass on any questions about further practice.

Three conversation starters

1. What helped you feel more confident today?
2. What checks do you remember before cycling?
3. What would you like to practise next?

Explore the official Cycle Right resources

Explore these official materials together with your child. Follow the links for the current versions.

Bicycle checks

Use the illustrated Bicycle M-Check as a prompt to discuss bike checks with an adult.

Parents and guardians

Find braking, road-sign, traffic-light and adult-and-child cycling resources.

School learning resources

Find posters and follow-up material that pupils can explore with a teacher or adult.

A useful next step

Ask your child to show you one skill or explain one safety check from the lesson. Let them talk it through, and recognise the progress they have made.

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