**Bikeability Level 2**

Bikeability Level 2 is for pupils aged 10 yrs and over, to learn how to ride safely on quiet roads around the school. It is for the pupil to learn the basics of riding a bike safely.

Resources needed are:

* Parent leaflet
* Level 2 Teachers Guide – to make up a workbook to go through with your child prior to going out on the bike.
* Level 2 Cyclists Guide
* M check sheet
* Helmet fitting guide

**Workbook**

Make up a workbook by copying all the worksheets in the Teachers guide. Go through the worksheets with you child and it helps if the person assisting them can drive or knows the rules of the road/Highway Code. Once you have finished the worksheets you can then move on to the practical sessions.

**Practical**

Start by going over bike parts to familiarise you and the pupil with the parts of the bike.

Then move on to making sure the helmet is fitted correctly.

Do and “m” check and make sure the pupil sits on the seat and both feet touch the ground (either flat if they are not a confident cyclist or they can be on tiptoes for a more confident pupil).

Then start to work through the Level 2 booklet. When we run a session we follow the EDICT acronym:

**E**xplain – explain what you want them to do

**D**emonstrate – you demonstrate on the bike what to do

**I**mitate – allow the pupil to imitate you

**C**oach – give positive feedback on how they did

**T**ry again – let them try again and again till they are good at it.

If they are not getting it, move on to the next bit and try that before coming back to the tricky one.

Try and keep it fun with no raised voices or frustration, if either of you are getting tired and frustrated, take a break and try again another time.

If you need any advice on working though the workbooks or practical sessions, feel free to email the road safety officer on Elaine.skinley@shetland.gov.uk