



APPLECROSS
PRIMARY SCHOOL

Applecross Primary School

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Dear Parents/Caregivers

Year 6 Bike Education Program

Commencing this week the Year 6 students will be starting a four week Bike Education Program that will culminate in a Year 6 bike ride along the river on Friday 10 December.

The students will receive four lessons from an accredited bike coach which is being funded through the Sporting Schools Program.

In order for your child to properly participate in this program they will need to bring a bike to school that is in good working order on the following days:

Room 15 Thursday	Room 17 Friday
21/10	22/10
18/11	12/11
25/11	19/11
2/12	3/12
10/12 (Friday) – Year 6 Bike Ride	10/12 – Year 6 Bike Ride

Equipment needed to participate in the Bike Education Program:

- A bike in good working order (bikes will be stored in the undercover area on days they are brought to school)
- A helmet

The Year 6 bike ride will take place on Friday 10 December. We will ride to Point Walter and have some lunch before riding back to school. An excursion note will be sent out in the coming weeks. We will require some parent volunteer bike riders to accompany us on this ride. Please let me know via email if you are interested and available.

Please see the back of this letter for some safety tips to make sure your child's bike and helmet are safe and ready to use.

Yours sincerely

Mr Derek Rijnhart
Physical Education Specialist
18 October 2021

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ABCDEF Quick Check

- **A** **Air**
- **B** **Brakes, Bell**
- **C** **Chain, Crank, Cogs**
- **D** **Drop Test**
- **E** **End Bars (ensure ends of handlebar tubes are covered with a grip)**
- **F** **Have Fun**
- **QUICK** **Check your quick releases**

<https://www.youtube.com/watch?v=6RJ0VyFmeuw>

Helmet Fitting

<https://www.youtube.com/watch?v=12PE6hLLxT0>