



APPLECROSS
PRIMARY SCHOOL

Applecross Primary School

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Dear Parents/Caregivers

Year 6 Bike Education Program

Commencing on Friday 23 October the Year 6 students will be starting a four week Bike Education Program which will culminate in a Year 6 bike ride along the river on Friday 11 December.

The first lesson will be an introductory lesson on bicycle and helmet safety and a bike safety check. The children will then receive an additional three practical lessons covering road safety and awareness, road rules and basic bike control.

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 Friday 23/10, 30/10, 13/11 and 20/11.

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
- A bike lock

The Year 6 bike ride will take place on Friday 11 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
23 September 2020
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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>