

# Seghill First School

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Headteacher: Miss T Chappell



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Dear Parents and carers of Year 4 children

Next week children in Year 4 are going to take part in some sessions of cycling provided by **Richard Rothwell** from **Cycling Generation**.

We have worked with Richard for a number of years now and have great respect for his expertise and knowledge of cycling. Richard works for Cycling Generation, which is a company offering a range of cycling experiences for riders of all abilities. Their website can be found at

<https://www.cyclenorthumberland.org.uk/listing/cycling-generation>

The children in Year 4 will be split in to two groups. Starting on **Tuesday 03 May**, one group (group 1) will cycle with Richard and Mrs Lyons all day on the Tuesday and on Wednesday morning. The other group (group 2) will work in school. The groups will swap over on Wednesday lunchtime, so group 2 will cycle with Richard and Mrs Lyons on Wednesday afternoon and all day Thursday, while group 1 works in school. We will let you know which group your child is in.



The first session for both groups will start on the school yard and we hope that the children will quickly progress to taking part in **guided rides in the local area** with Richard and Mrs Lyons. In previous years, the children managed to complete a ten mile guided ride to Blyth and back, so the bar has been set very high.

Richard will constantly assess the children's ability and progress. He has produced an **outline plan** for each of the sessions, but the plans for each day will be adjusted according to the children's progress on the previous day. **Risk assessments** for all activities have been completed and are available to view in school should you wish to see them. Richard has undergone a **DBS check**.

The cycling sessions are for children of all abilities, from those who are not yet confident to those who have had experience of longer bike rides. Every year we have had children who can't ride a bike, and they have learnt to ride and developed their confidence throughout the sessions with Richard. He is also able to challenge the more confident riders so they too will make progress over their sessions with him.

Children should come to school wearing their **school PE kit- school top and jumper** with their **joggers and trainers** for the cycling. They do not need to bring their school uniform to change in to when they are not cycling. The children must have a **waterproof coat** and I would recommend **gloves** as their hands will get cold when holding the handlebars. They will need to take their **water bottle** out with them for each cycling session. I would suggest that children in Year 4 wear their PE kit to school every day next week, as we have cycling and/or PE Tuesday to Thursday and tag rugby on Friday.

Richard will bring the **bikes** to school and provide a bike for each child matched to their height. He will also provide **cycle helmets**. Please do not send in your child's bike or cycle helmet from home.

We are paying for these cycling sessions using our **sports premium funding**. Each year we have done this, the sessions have proved to be extremely popular and successful. I am confident that this will also be the case this year. I cannot think of anyone who is more competent, enthusiastic and knowledgeable than Richard to lead our children in this very exciting opportunity.

If you require any further information about the cycling sessions, please speak to Mrs Lyons.

Yours sincerely

Miss Chappell  
Headteacher



	<b>Group 1</b>	<b>Group 2</b>
<b>Tuesday 03 May morning</b>	cycling	working in school
<b>Tuesday 03 May afternoon</b>	cycling	working in school
<b>Wednesday 04 May morning</b>	cycling	working in school
<b>Wednesday 04 May afternoon</b>	working in school	cycling
<b>Thursday 05 May morning</b>	working in school	cycling
<b>Thursday 05 May afternoon</b>	working in school	cycling