



by Archie, Ruaridh and Sylvie in Ford Class

Bikeability is a course open to children in Year 5 and 6 so they can learn how to ride a bike safely on roads.

On Monday the 5th of February we started our Bikeability training on the playground. First we were riding our bikes around the playground, so our instructors could see how good our technique was. Then our instructors were seeing how good we are at one-handed riding, because when you are turning you need to signal. Finally we went on to Steppy Lane to practise doing a U-turn.

On Tuesday the 6th of February we went up past the roundabout. We practised doing U-turns, left turns (minor to major roads and major to minor roads) and right turns (minor to major roads and major to minor roads) then loops around a small roundabout. Our instructors corrected us when we made mistakes such as cutting corners which is very dangerous if a car is coming.

On Wednesday the 7th of February we were going back up past the roundabout then Ruaridh's chain came off so then Archie had to wait with Ruaridh while the instructor put the chain back on. When we arrived at the small roundabout, our instructors told us to practise everything we have learned. Finally we did a whole loop around Hipsburn, including a minor road to big major road junction. Then we went back to school; we were really proud of achieving Level 1 and Level 2 Bikeability Awards.