**Bike fortnight pupil voice**

The bike fortnight experience is now complete and it was a huge success. All the children in Key Stage 2 go the chance to improve their bike skills, confidence as well as engaging in physical activity.

Using the previous notes made from Bike 4 Health earlier in the year, the pupils were given another hour long opportunity to show their ability on the bike.

Every session started with the M check, where we could check our bikes were in full working order, as well as adjusting the helmet and seat height so we were ready to ride.

After this, the children had the chance to cycle around the school yard and I challenged them to signal, change gear, change riding formations, pass messages on and some bike handling skills. From this I was able to decide if the children were competent and confident enough to go off site to ride.

Some children stayed on the yard with myself doing skills and drills, building confidence.

Some children took part in a half day 7mile off site ride.

Some children took part in a full day 15mile off site ride.

All details were shared with parent/carers beforehand and again afterwards with photos and debrief of what the children had achieved.

Below are a snap shot of some of the comments received by the parent carers:

*Thank you for taking them out. \*\*\*\*\*\*\* loved it and was shattered when she got home.*

*\*\*\*\*\*\*\* has loved today’s cycle. Totally buzzing. Thank you*

*Omg that's amazing! Thank you so much you don't know how happy I am its brought tears to my eyes to see him ride a bike ...no stopping us now he can finally ride his birthday bike & come out with me for a bike ride*

Below are a snap shot of some of the comments received by the children during/after the rides:

*This is so cool , I cant believe this is instead of school.*

*I think I am really good at using my gears now.*

*I want to do it again!*

*This is the life Mr Anderson (as we were cycling along the seafront in the sun)*

*I didn’t think I could start on my own but I can.*