



Merley First School – Bikeability

Bikeability with Rob Doyle (National Standard Cycling Instructor).

Bikeability is on offer to anyone who can cycle independently and stop without help.

During Bikeability Level 1 you will learn how to:

- Get on your bike, start cycling, then stop and get off
- Ride your bike using the gears
- Look then signal
- Make your bike go where you want it to, including moving around objects safely
- Stop quickly if you need to
- Look all around you when you're riding, including behind, without wobbling
- Signal if you're turning right and left, without wobbling
- Give your bike a simple check to ensure it is road-worthy
- Level 1 Bikeability is a prerequisite to Level 2 Bikeability

During Bikeability Level 2 you will learn how to:

- Start and finish a journey by road, including passing parked or slower moving vehicles
- Be aware of everything around you and signal your intentions to other road users when someone needs to know what you're doing
- Position yourself properly on the road and pass side roads
- Use junctions including turning left and right into major and minor roads
- Decide whether a cycle lane will help with your journey
- Use the Highway Code, particularly when it comes to understanding road signs