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Kids on Bikes Programme

The popular Kids on Bikes programme is coming to our school. Kids on Bikes is a collaboration between Hamilton City Council and Team Energize (Sport Waikato).

The programme delivers Grade 1 basic bike skills to get students more confident on their bikes and is designed to give children the skills and knowledge of how to ride a bike safely.

The programme is run over four sessions: For the purposes of Knighton, we have opted to complete all four sessions in one day and **students will not be biking on the roads at all.**

Session 1: Classroom session involving safe route planning and discussion around road safety (covering all aspects of travelling to/from school)

Session 2 & 3: Introduction to the road and everyday biking practical sessions, starting with the basics through to advanced bike skills necessary for biking on road. (children will practise within the school grounds)

Session 4: Obstacle course challenge and games that tie in all aspects covered in Session 1 and 2

Students will need to bring the following:

- Bike and helmet (if you can please pump tyres up and check chain and brakes this will save us time at the beginning of the practical sessions)
- Covered Shoes
- Rain jacket / change of clothes in case of wet weather
- Drink bottle

If students cannot bring a bike there will be some bikes available for students who do not own a bike or cannot borrow one.

Children will stay on school grounds for the first 3 sessions however on the last day we may bike down to the Pump Track (the children's play area & track by the Cambridge Road cycle track). Again, we will not be using the roads.

Our senior school timetable is on the back of this page.

Regards,

Senior Area Teachers

HCC KIDS ON BIKES

Children **will not** be biking on the road at any stage of the programme.

Week 2: 10th - 14th February

	Monday	Tuesday	Wednesday	Thursday	Friday
9.05 - 9.50 In-class session	Room 28	Rm 22	Rm 2	Rm 3	Rm 1
9.55 - 10.40 Basic skills					
11.00 - 11.45 Skills session					
11.45 - 12.30 Pump track					

Week 3: 17th – 21st February

	Monday	Tuesday	Wednesday	Thursday	Friday
9.05 - 9.50 In-class session	Room 4	Room 30	Room 27	Room 29	None
9.55 - 10.40 Basic skills					
11.00 - 11.45 Skills session					
11.45 - 12.30 Pump track					