

Our Cycling Journey



At Castle we have a fully Inclusive Cycling Programme which allows students to be suitably challenged and reach their full potential;

We have 4 Levels:

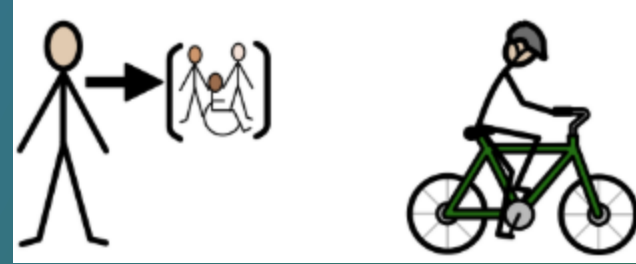
- Playground Cycling
- Bikeability Level 1
- Bikeability Level 2
- Bikabelity Level 3



Castle School, Cambridge



Inclusive Cycling



At Castle we have many types of adaptive bikes which allow our students to have many opportunities and be appropriately challenged.

For instance, our road Cycling groups consists of students using 2-wheel bikes, trikes and the wheelchair bike.

Whilst our students who cycle on the playground have a choice of a variety of trikes with adaptive features, bikes and balance bikes. We also have our wheelchair bike for non-ambulant students – this is often used by our pre-formal students as a sensory experience.

Balance Bikes

Balance bikes are used to transition our students from using trikes too 2-wheel bikes.



Playground Cycling

Students at school begin their cycling journey on the school playground.

Here students learn the key the key skills needed to ride safely and progress from Trikes to 2-wheel bikes when appropriate.

We also have many adaptive bikes / trikes which are used to ensure our programme is fully inclusive.

Staff teams also use their Cycling lessons to teach across the curriculum.



Bikeability Level 1



During **Bikeability Level 1** training, you learn to control and master your bike. The training takes place in an environment away from cars or traffic - usually in our playground.

You will gain basic cycle control skills including **starting and stopping, manoeuvring, signalling** and **using the gears** on your bike.



Bikeability Level 2

Beginning of Road Cycling



Road Cycling begins at level 2, with our focus being to lead riders onto quiet roads, to experience “real” cycling.

Bikeability Level 2 teaches you to:

- Start and stop with more confidence.
- Pass stationary vehicles parked on a road.
- Understand the road: signals, signs and road markings.
- Negotiate the road: including quiet junctions, crossroads and roundabouts.
- Share the road with other vehicles.



Bikeability Level 3

Independent Cycling



Our most advanced learners learn more challenging skills which will allow them to Cycle independently. This allows them to Cycle to school, college work etc.

You will learn more advanced skills, including how to:

- **Use the best riding position** for any situation.
- **Ride alongside** other cyclists.
- **Ride on more complex roads.** This might include busier roads, more complicated junctions or faster roads with speed limits above 30mph.
- **Negotiate more complex roads.** For example, junctions controlled by traffic lights, multi-lane roads or cycle lanes.
- **Respond confidently** when a situation changes. For example, when a vehicle pulls out in front of you.

