

Cycling

Bendrigg

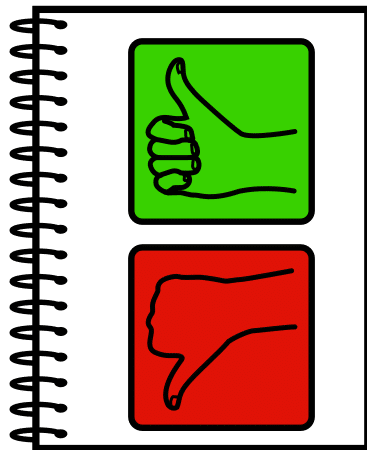


I am going cycling.

I will go to the bike shed on the bottom field.



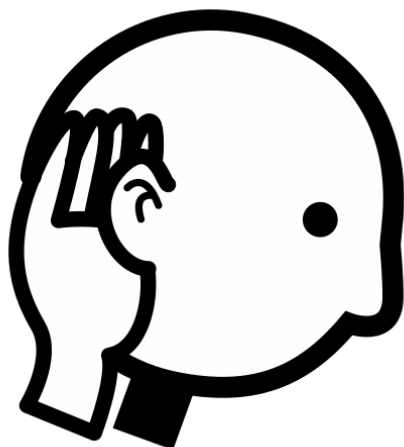
I will meet the Bendrigg tutor and other people. They will talk to me about the rules.



This is to keep me safe.



I need to listen carefully.



I will need to wear a bike helmet.



I can ask for help to put it on if I need it.



The Bendrigg tutor will help choose the right type of bike for me.



I can go cycling.



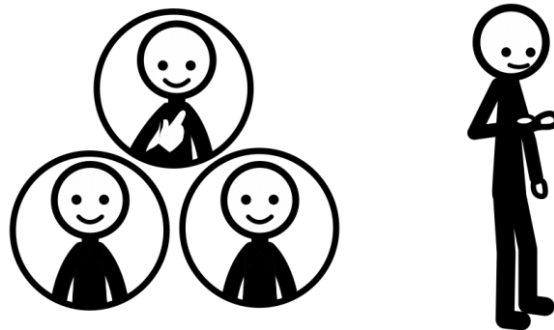
At the end I will take my bike back to the bike shed and take off my helmet.

I may feel excited.



I may be able to have another go.

I will need to wait my turn.



I may feel worried, this is okay.



I need to remember I am safe if we all listen carefully and follow the rules. I can ask to stop.



When I have finished everyone will say
well done.



Cycling is fun.

