



*F2 experience  
Pre-Pedal*



The children were brilliantly behaved yesterday when they all took part in their first 'pre-pedal' session. They listened to instructions really carefully. We were very proud of them.





Nearly all of them managed to put their helmets on themselves and knew that they helped keep them safe.



They followed a demonstration of how to check if their bike was ready and safe for riding.



Then it was time to have a go! Everyone really tried hard.





Everyone was then set a challenge to see how long they could keep their feet up off the ground as they whizzed along. They were brilliant.



We all  
loved it  
and can't  
wait for  
next week's  
session!