

Classroom lessons about cycling

Classroom lessons for Key Stage 2 pupils to promote cycling



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Introduction

Cycle Training UK Ltd (CTUK) is the biggest independent provider of on-road cycle training in the UK. It is a not-for-profit workers' co-operative committed to creating a sustainable future.

Cycle Training UK Ltd first developed a classroom session in 2002 as part of a scheme promoting cycling to a larger number of children than simply those involved with training courses.

Following the success of this initial lesson, CTUK expanded the scheme and now offers four lessons, each concentrating on different aspects of cycling and linking with the curriculum.

These lessons usually take about an hour and include plenty of discussion and activities for the pupils. You are welcome to adapt the material in any way that you feel is appropriate. CTUK would be pleased to receive feedback and comments on the material.

These lessons are:

The humangoquick A Key Stage 2 lesson on Science (materials)

Crazy bikes! A Key Stage 2 lesson on History and Science (function and design)

The right bike A Key Stage 2 lesson on Science (materials)

Way to go! A Key Stage 2 lesson on Geography (environment and transport)

Aim

The aim of all the sessions is to make children and teachers think about cycling. By reaching one class of children at a time, the whole school can get involved in thinking about using a bicycle as a form of transport. Pupils explore themes such as why cycling is a good way to get around and what makes a good bicycle. The activities are designed to be both fun and educational. Pupils produce work that teachers can use in classroom displays or take home to show their parents, thus reaching yet more people! These sessions can also be used to fulfill the 'Changing hearts and minds' criteria of a School Travel Plan.

Display material

Two of the sessions (*Crazy bikes* and *Way to go!*) produce material that teachers can use to display in the classroom. These materials are a further means of promoting cycling to the wider school community and give the children a real sense of pride in seeing their work displayed.



The lessons



The humangoquick Years 3 – 6

Synopsis

This is a lesson exploring the materials that make up a bike. The pupils read a letter from an alien who wants to know what bikes are made from. The pupils investigate real bikes in class, describing the properties of the materials and suggesting their suitability to their function. The pupils also learn the parts of a bike and respond to the alien by sending it a postcard.

Curriculum links

- Key Stage 2 Science
- Key Stage 2 English



Crazy bikes Years 4 – 6

Synopsis

This is a lesson exploring the history of the bicycle from its invention in the mid 19th century to the early 20th century when most modern bike features were invented. It looks at the variety of modern types of bikes and the connection between design and function. The lesson ends with the pupils deciding on unusual uses for bikes and drawing or describing their own crazy bike ideas.

Curriculum links

- Key Stage 2 History
- Key Stage 2 Science
- Key Stage 2 English



The right bike Years 4 – 6

Synopsis

This is a lesson exploring how road bikes differ from mountain bikes. The differences point to the science concepts of friction, aerodynamics and air resistance. The pupils discover why their bikes are designed the way they are and they discuss what would be the ideal type of bike to move around town.

Curriculum links

- Key Stage 2 Science
- Key Stage 2 English

Way to go! Years 3 – 6

Synopsis

This is a lesson exploring the way people move around town. The pupils assess and compare different forms of transport. This leads on to a discussion about excuses for not cycling. The lesson ends with a fun creative activity giving the pupils an opportunity to put their thoughts into song and poetry.

Curriculum links

- Key Stage 2 Geography
- Citizenship
- Key Stage 2 English.

