



School travel lesson plans Cycling

Cycling Assembly Plan

Yr R,1,2,3,4,5,6

Duration: approx 30 mins

Objectives; by the end of assembly the children should be able to

- Understand the benefits of cycling on us
- Understand the benefits of cycling on the environment
- Explain how to cycle safely

Introduction

Introduce yourself and explain briefly what the children are going to learn about using the objectives above

Pick 8 volunteers from the audience

Give each volunteer a sheet of paper with one of the following bullet points on. Make sure the paper is big enough for the back row to see.

"See if you can guess the subject of this assembly. Here are some clues:
Each pupil shows information on a card, when they are asked.

- Its a method of transportation
- The most crucial element of it was invented in about 3500BC in Mesopotamia.It came into being, as we know it today, in the 1800s.
- Early ones were made out of cast iron or even wood. Today they are made out of exotic materials such as titanium, aluminium, and carbon fibre.
- An early version was known as a velocipede, which in turn was given the nickname boneshaker. If you were fashionable and possessed one in the seventies, you might have had a Chopper.
- Over one billion people have them in the world today
- You might find these useful - reveal bicycle helmet/pump/water bottle (Even better, if you could suddenly reveal an actual bicycle).

Main Presentation



"Can you remember when you learned to ride a bike? Can you remember your first bike? (See if they can picture it in their minds.

Perhaps one or two volunteers could describe their first bike.)"Why was it so special and important to you?"

Hold up picture of modern bike/ or use actual bike as prop

Do you think bikes always looked like this? What do you think they looked like?

"Do you think they had pedals?

The earliest versions didn't have pedals, and the rider pushed with their feet along the ground; do you think the frames were always this light?

Frames used to be made of wood or iron, instead of the light frames available today; did you know that cycling used to be very bumpy and unsafe?

The high wheels of a penny farthing could go very fast on the flat but weren't very safe, leading to many headers or head injuries; before the development of the pneumatic tyre in 1888, bicycling was a bumpy and somewhat uncomfortable experience."

"So what are the benefits of riding a bike?

It takes less energy to cycle a mile than it does to walk the same distance. And the engine for this efficient mode of transport is the human body, which is fuelled by food and is therefore a renewable energy resource. And of course it's pollution-free. It's also a good way of keeping fit, and for those who like the challenge, it makes an exciting sport too."

"Cycling is an ideal method of transport, provided you take the necessary safety precautions.

Put your hand up if you cycle whether to school or at home? If you were teaching someone to cycle – what should they do to cycle safely?

- Wear a helmet
- Wear the right clothes – so you can be seen
- Don't cycle on the pavement
- Use your lights in the dark
- Be aware of other road users
- Think before you act

Summary

Cycling is a great mode of travel as it keeps us fit and healthy and minimizes our impact on the environment. Most children own a bike and so why not make the most of it. Travelling by bike to school reduces the numbers of cars at the school gate so therefore helps to keep the air cleaner, reduces the number of accidents and helps to keep us healthy, fit and alert.

Additional Notes

This assembly can be made particularly relevant to young people by inviting students with an interest in a form of cycling to talk about their experiences (racing, mountain biking, BMX etc).

Extension / Shortening tip

To lengthen

Give information on local cycle trails, asking students interested in cycling (e.g. BMX) to talk about their experiences/demonstrate their bikes, or invite someone from a local club to explain the opportunities for young people in your area.

Recommended Resources

Information on sheets of paper

Bike/picture of bike

Pictures of old fashioned bikes – use appropriately where necessary

Websites - The Science of Cycling www.exploratorium.edu/cycling/

Bike Week www.bikeweek.org.uk/

National Cycling Strategy www.nationalcyclingstrategy.org.uk/