

LET'S GET TALKING...

Talking about cycling and its benefits is a great way to get pupils to put what they've learned during Bikeability training into a wider context. Our discussion points are designed to encourage pupils to think about their own travel choices, and how they could make some simple changes so they get the chance to use their bikes more often.

BENEFITS OF CYCLING

Have you ever received a bike as a present? Can you describe your bike – or the first bike you rode? How did you feel?

Share your experiences of cycling with family and friends. How does it compare to other trips you make with your friends or family in the car, or on the bus?

Can you remember where the local cycle paths are? How do they help cyclists?

What are the benefits of cycling to work rather than travelling by car? What are the environmental advantages of cycling?

KNOW YOUR AREA

If you cycle to school can you describe your route? Why did you choose that route?

How do you need to prepare for a short cycle journey? What about a longer journey that might take a few hours?

When planning a cycling trip how would you decide which way to go? What kinds of roads and tracks would you look out for?

KNOW YOUR BIKE

Why do you need to check the tyres on your bike? What would happen if they were flat?

Can you see parts of the gearing system?

Why is it important to keep the chain oiled?

How many different types of bikes can you name? Which would you choose for different purposes, such as a long ride, a speed event or performing tricks?

Why is it good to have lights on a bike?

What would you do if your bike wasn't working properly? What do you need to check?