

Lesson plan

Benefits of cycling



Objectives

PE strand 4 – Health and Fitness

Pupils should be given the opportunity to learn:

- how exercise affects the body in the short term
- to warm up and prepare appropriately for different activities
- why physical activity is good for their health and well-being.

PSHE

Pupils should be given the opportunity to learn:

- to talk and write about their opinions, and explain their views, on issues that affect themselves and society
- what makes a healthy lifestyle, including the benefits of exercise and healthy eating, what affects mental health, and how to make informed choices.

Whole class introduction

To stimulate the children's interest, show them the pictures on the opening screens and have a whole class discussion using the ideas in 'Discussion' as a starting point.

Alternatively, you could introduce the children to the **Top trumps** game as a class before inviting the children to take turns to play it in pairs or groups.

- Ask the class how many of them own a bike, how many of them cycle regularly and what they think the best thing about cycling is.
- Make a class list of all the good things about cycling. For example, it's a good form of exercise, it's environmentally friendly, it's fun.

Group and individual activities

- Create a leaflet or poster to promote cycling for people of all ages. See the 'Design corner' section.
- Challenge the children to think up a catchy slogan about how cycling keeps us and the environment in good health.
- Have a debate about the benefits of cycling. Children take turns to sit in the 'hot seat' and state why they think children of their age should be encouraged to cycle more. The rest of the class/group asks the person in the hot seat some challenging questions.
- Refer to activity sheets 1 and 2.

Plenary

- Create a leaflet or poster to promote cycling for people of all ages. See the 'Design corner' section.
- What ideas do they have for encouraging more children to cycle?

Extension activity

What might a cycling superhero be like? Can the children make a list or an annotated drawing of the personal qualities such a hero might have (stamina, fitness, cheerfulness, someone who likes to arrive on time etc)?

Bikeability action point

- Challenge the children to find out one thing they would have to achieve as part of 'Bikeability level 1'. They could draw a poster illustrating the skill.