Cycle to School Week

Picture this!

Objective

Using a street scene image to develop observation and discussion skills about cycling and the environment around us.

Activity outline

Share the street scene image with pupils. Ask the pupils to describe what they can see in the image.

Use the Conversation Starter – Teacher Prompt to guide observations/discussions if required.

Discuss how cycling may be better for the environment, also what cyclists experience that car users may not (sounds, smells, sights).

Pupils can colour in the black and white street scene too!

Extension

Pupils can stand and view the image rather than sit to reduce sedentary behaviour. Alternatively create a jigsaw from the image, hide the pieces for the children to go and find before starting the discussion.

Inspired by:

This learning resource is brought to you by the **Bikeability Trust**. If you're taking part in Cycle to School Week from 25 to 29 September 2023, don't forget to make a pledge with them for your chance to win! Visit www.bikeability.org.uk/cycletoschoolweek to find out more.

Time needed:
15-20 minutes

Resources needed:
The street scene image (or A4 copies for pupils, available in colour and black and white)

Conversation Starter – Teacher Prompt

Solo/group activity:
Both

Curriculum links
Understanding the world (Eng)

World around us (NI)

Social studies (Scot)

Welsh Curriculum Areas of Learning and Experience: Humanities

© Sustrans 2023. Sustrans is a registered charity in England and Wales (number 326550) and Scotland (SC039263).

sustrans

FLORIST
BAKERY
BIK3A8ILTY
bikeability
bikeability
bikeability

FLORIST
BAKERY
BIK3A8ILTY
bikeability
bikeability
bikeability

Cycle to School Week

Conversation starter – Teacher prompt

Numbers and counting

How many?.....

Cycles, cars, flowers, cyclists, windows, rain drops, shops

Shapes

Windows, tyres, zebra crossing stripes, sun, traffic lights

Knowledge of the world

There are two shops (Florist, bakers)

What other shops might we see in a town?

Where might the cyclist who has left their cycle by the shop have gone and why?

Why might the cycle have a basket on the front?

Traffic light discussion

Road safety, zebra crossing.

Weather discussion

Rain, sun, rainbow, temperatures, windscreen wipers, suitable clothing for cycling in different weathers.

Environment

Where is the exhaust fumes from the cars coming from?

What does this do to the air?

Do cycles create exhaust fumes?

Do the flowers and rabbit prefer clean air or exhaust fumes?

Physical activity

Which is healthier for the air, cycling or travelling by car?

Is cycling good for your health? And why?

Which parts of the body do you use when cycling?

Active travel

Who travels to school by car?

Who walks?

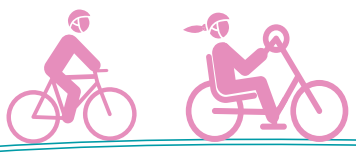
Who cycles or scooters?

Senses

If you were cycling in this town what might you be able to see, hear, and smell?

If you were travelling by car through the town what might you able to see, hear and smell?

What other differences might there be when travelling by cycle or car?



Cycle to School Week

Red, amber, green – roundabout

Objective

Developing gross motor and fundamental movement skills through physical activity, suitable for PE and play.

Activity outline

Use the "Red, Amber, Green – Roundabout!" Activity Cards to support learning & progression.

Inspired by:

This learning resource is brought to you by the **Bikeability Trust**. If you're taking part in Cycle to School Week from 25 to 29 September 2023, don't forget to make a pledge with them for your chance to win! Visit www.bikeability.org.uk/cycletoschoolweek to find out more.

Time needed:
15-20 minutes

Resources needed:
Activity Cards (see next page)

Space for group to travel around safely

Rolled up paper to use as imaginary handle bars (2 per pupil)

Suitable footwear

Solo/group activity:
Group

Curriculum links
Physical education (Eng/NI)

Health & Wellbeing – Physical Education (Scot)

Welsh Curriculum Areas of Learning and Experience: Health and Well-being

© Sustrans 2023. Sustrans is a registered charity in England and Wales (number 326550) and Scotland (SC039263).

sustrans

Cycle to School Week

"Red, Amber, Green – Roundabout!" Activity Cards

Each pupil starts in a space, they pretend to put on their helmets and then pick up their pretend handle bars by holding a tube of paper (or similar) in each hand as if holding cycle handle bars.

Ask them to climb onto their imaginary cycle and set off slowly around the play space. Encourage them to weave in and out of others without bumping, by looking for a space to move into.

When ready introduce instructions:

Red Pupils stop	**Amber** Pupils jog on the spot ready to set off	**Green** Pupils start to travel
1st gear Tiptoe very slowly	**2nd gear** Walk fast but not run	**Roundabout** Travel around on the spot in a small circle before setting off in 1st gear again
3rd gear Slow jog	**4th gear** Speed up the jog	You can also introduce different directions as and when the children are able; forwards, reverse, sideways.

Improving the quality of movement

- Prompt pupils to keep their heads up and backs straight while travelling.
- When tiptoeing, travel lightly on the balls of the feet.
- Look ahead to find a space to move into.

Cycle to School Week

Bling your cycle

Objective

Reimagine your cycle.

Activity outline

Each pupil picks a template for a cycle.

Students can use pencils, glitter, ribbons, coloured card, recycled materials such as magazines or anything else colourful they can collect to make a collage or a decorated cycle.

Inspired by:

Six-week step-by-step guide — a guide designed for teachers, parents and governors to help get more people active on the journey to and from school.

Additional information from Wheels for Wellbeing
wheelsforwellbeing.org.uk

Time needed:
20-30 minutes

Resources needed:
Coloured pencils, pens

Printed cycle templates or paper

Bling / recycled materials (optional)

Solo/group activity:
Both

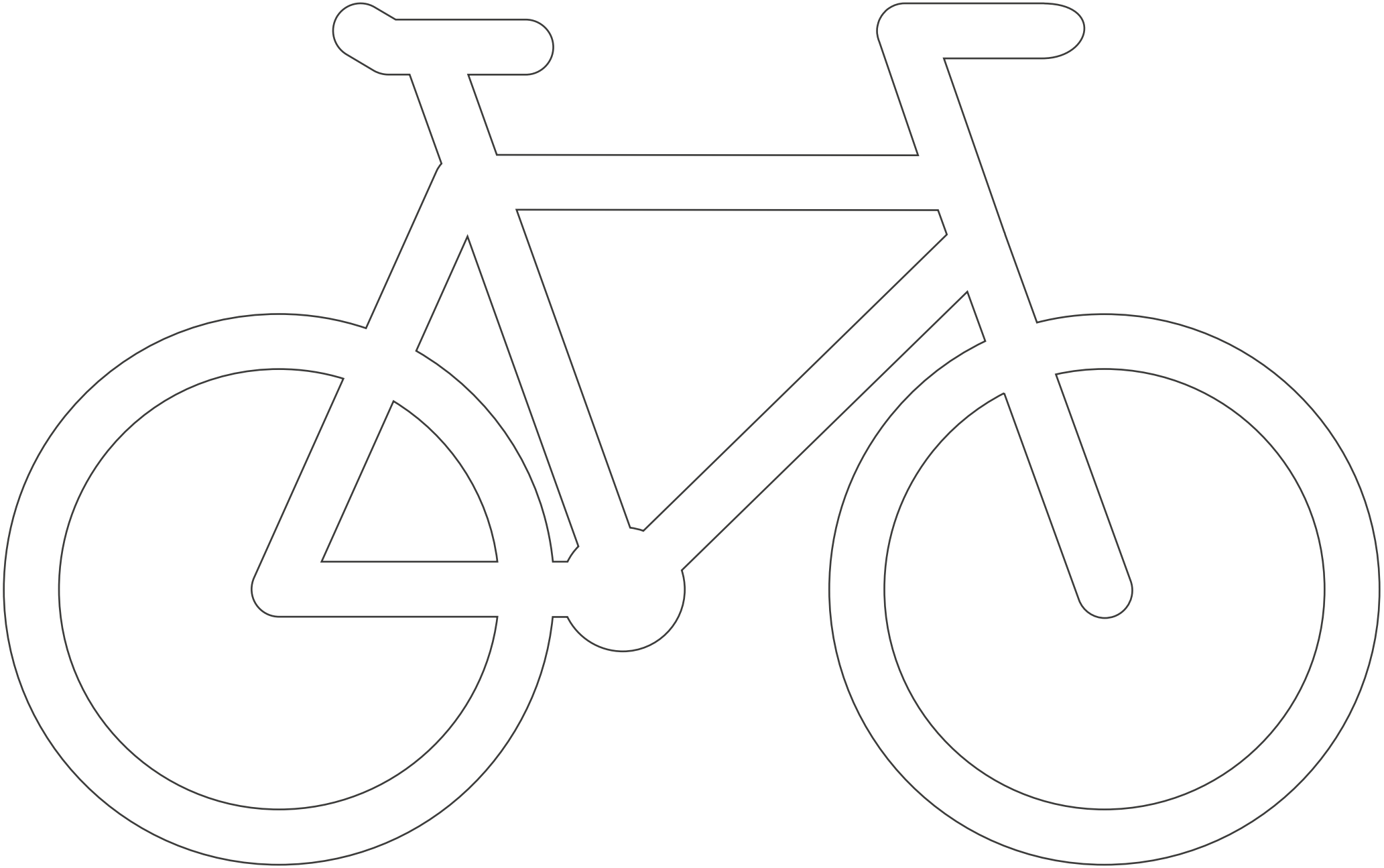
Curriculum links
Art and design (Eng/NI)

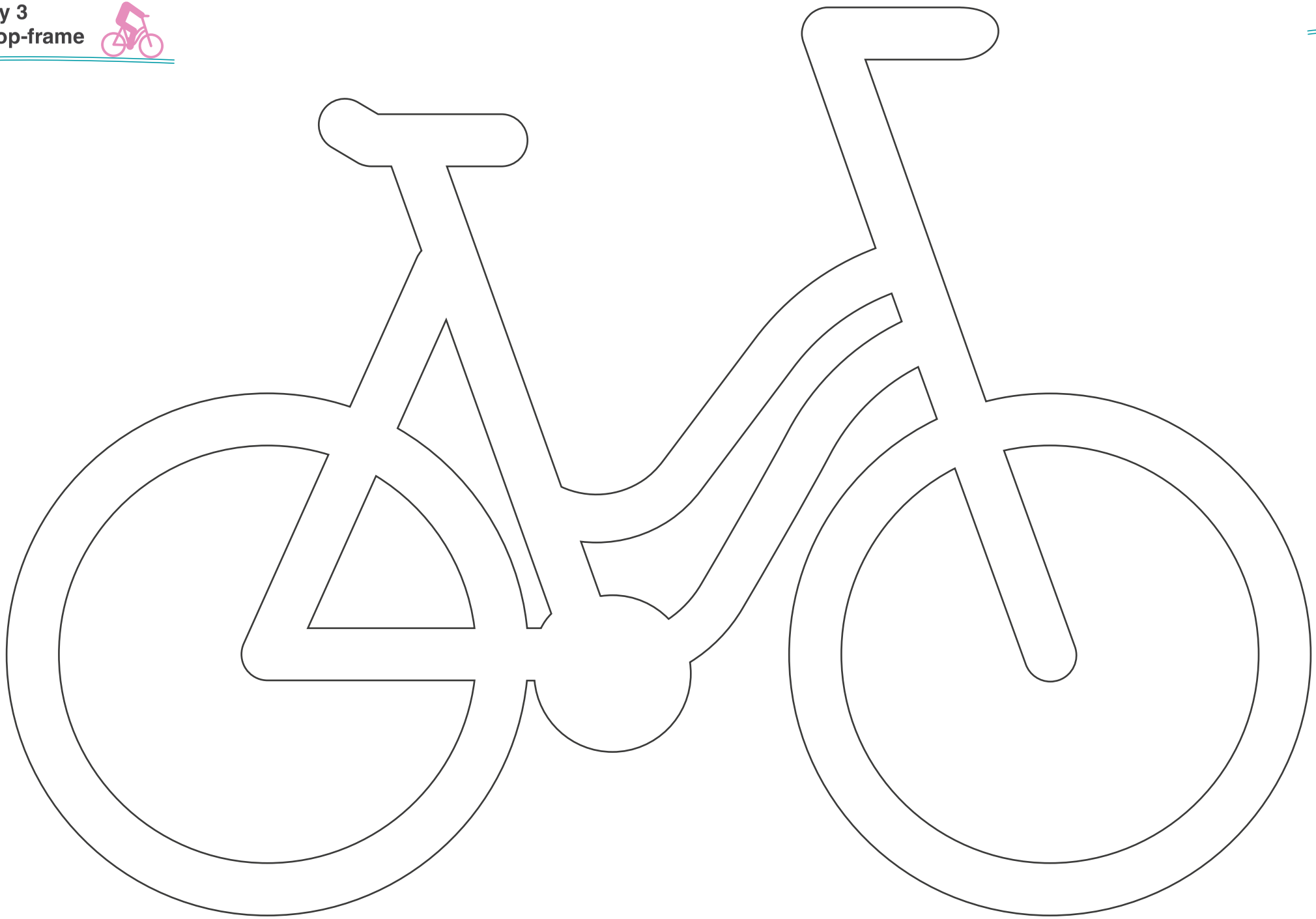
Expressive arts – Art & Design (Scot)

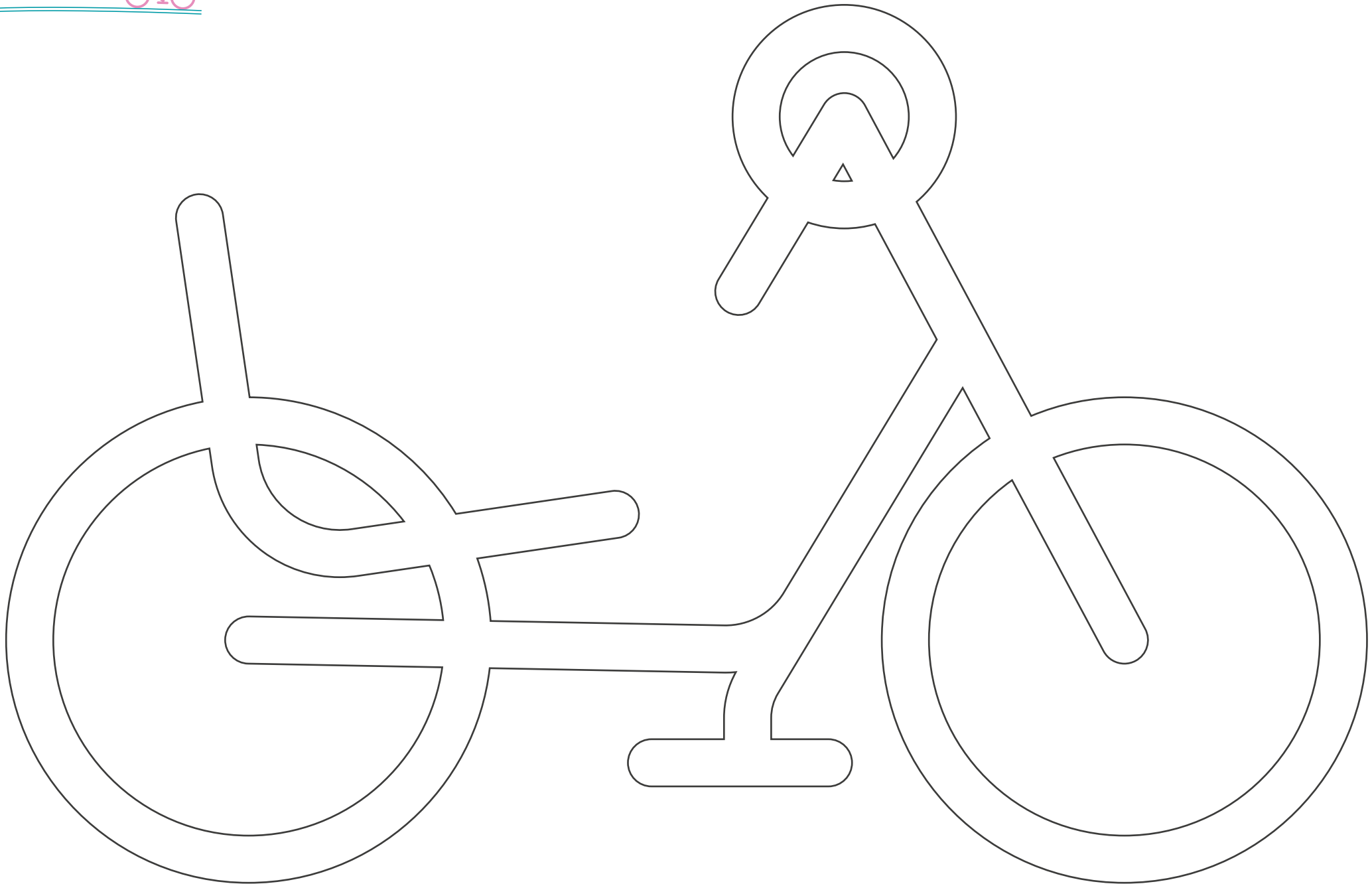
Welsh Curriculum Areas of Learning and Experience: Expressive Arts

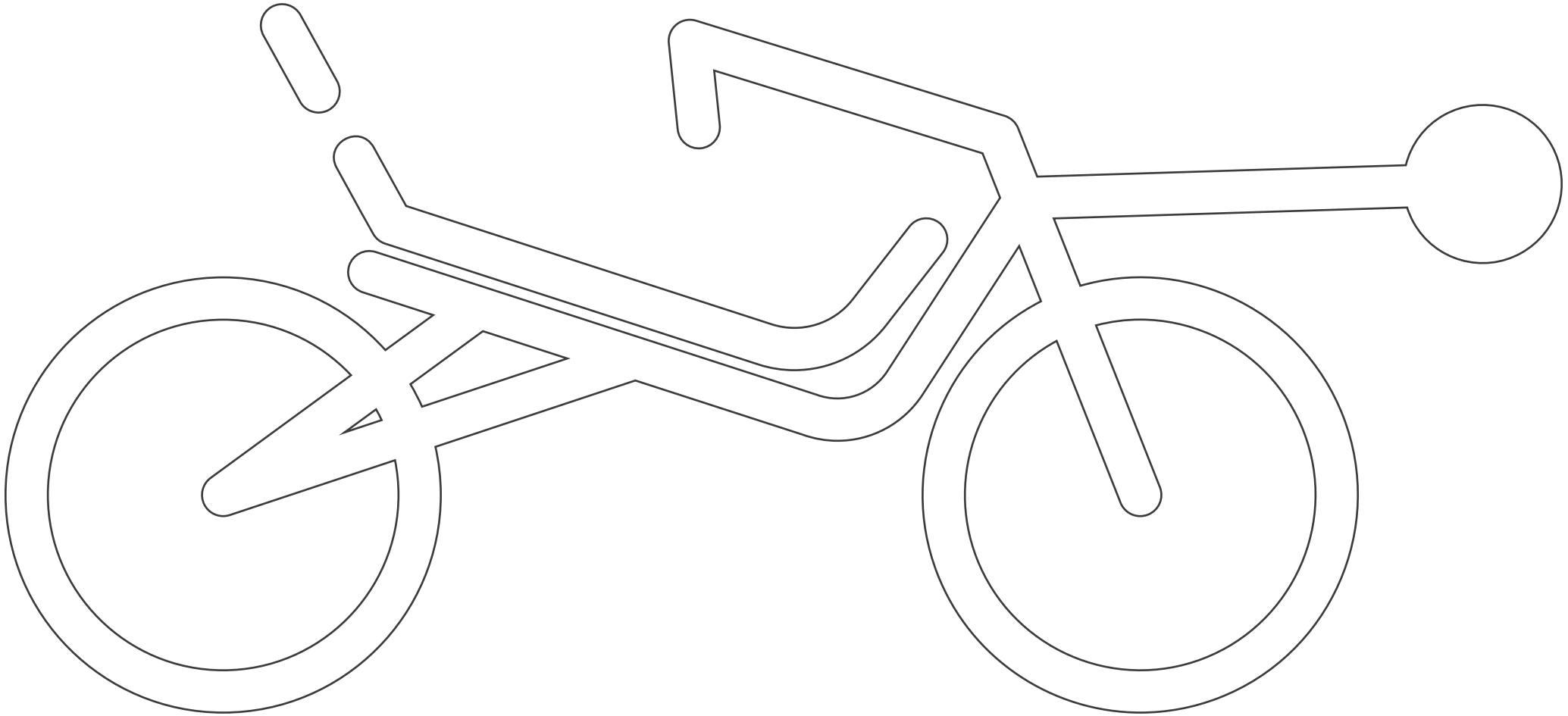
© Sustrans 2023. Sustrans is a registered charity in England and Wales (number 326550) and Scotland (SC039263).

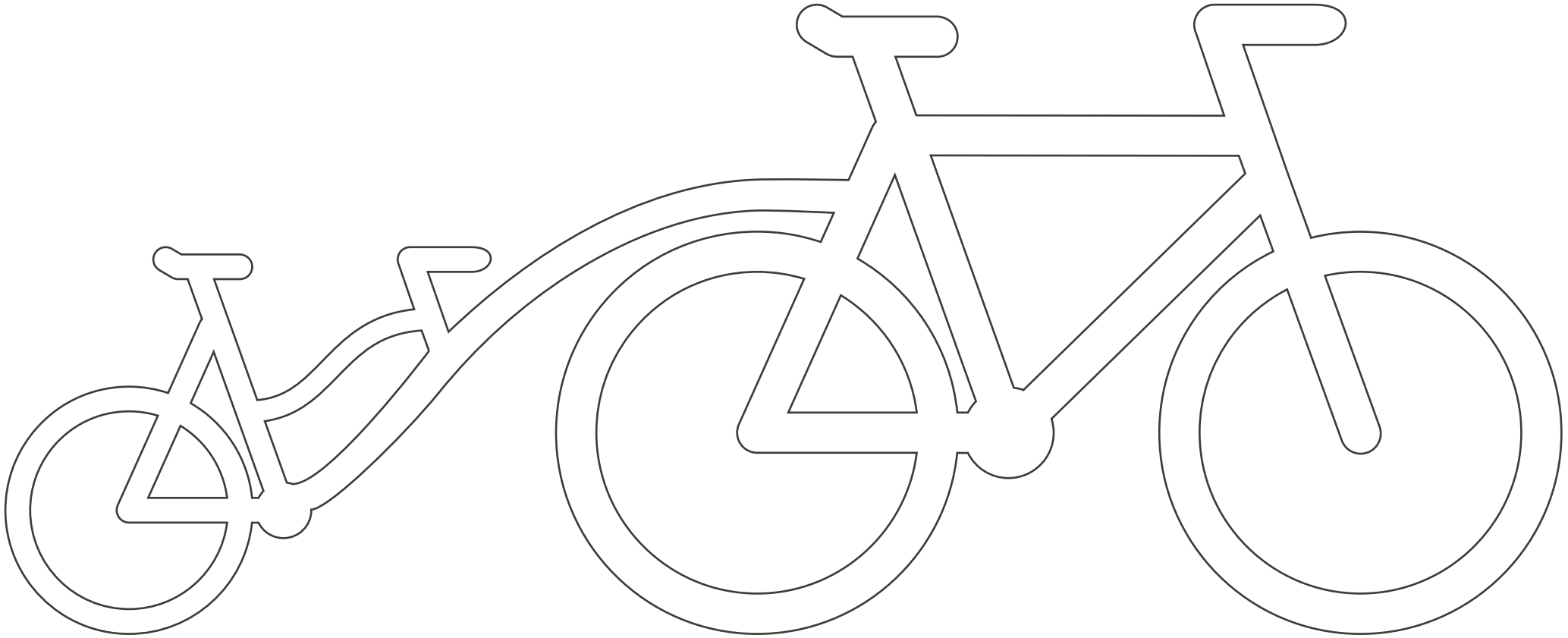
sustrans

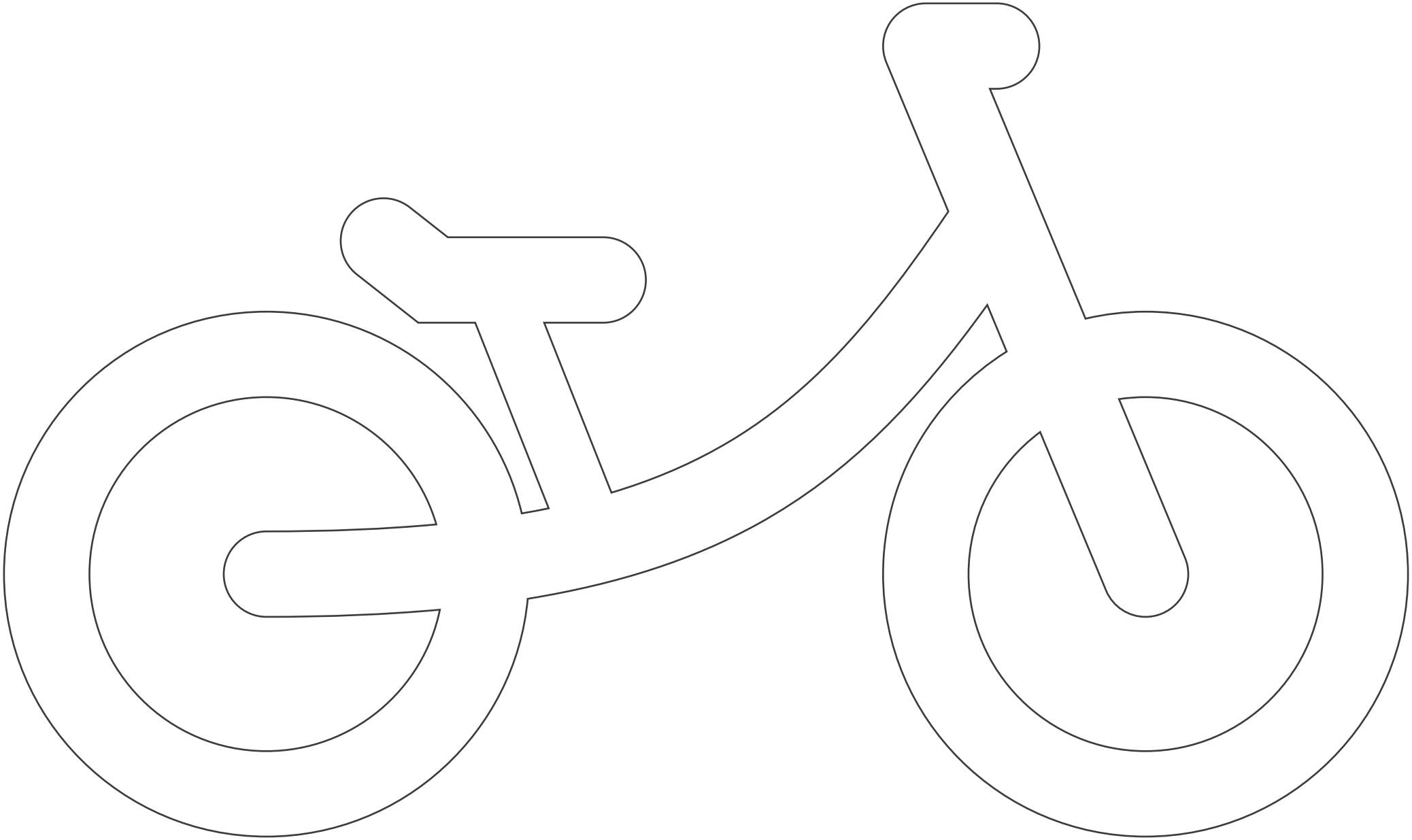












Cycle to School Week

Let's all cycle collage

Objective

Creating a cycling themed collage to display in school.

Activity outline

Use the cycle templates as a start point or find lots of cycle images to use across one page. Alternatively find images of cycles, cut them up and swap them around to recreate. There are no hard and fast rules.

Use magazines, newspapers, pictures, fabrics, wool, recycled items, Bikeability illustrations or other items available.

A clear message promoting cycling can be added, then displayed in school.

Extension

As part of this learning activity, pupils can be taken on a discovery walk around school to find items for the collage, such as leaves, twigs and/or grasses.

Inspired by:

This learning resource is brought to you by the **Bikeability Trust**. If you're taking part in Cycle to School Week from 25 to 29 September 2023, don't forget to make a pledge with them for your chance to win! Visit **www.bikeability.org.uk/cycletoschoolweek** to find out more.

Time needed:

15-20 minutes

Resources needed:

Paper/card to create collage on (size to suit the group)

Magazines, newspapers, pictures, fabrics, wool etc,

Sticky tape or craft glue

Cycle templates (if using)

Solo/group activity:

Both

Curriculum links

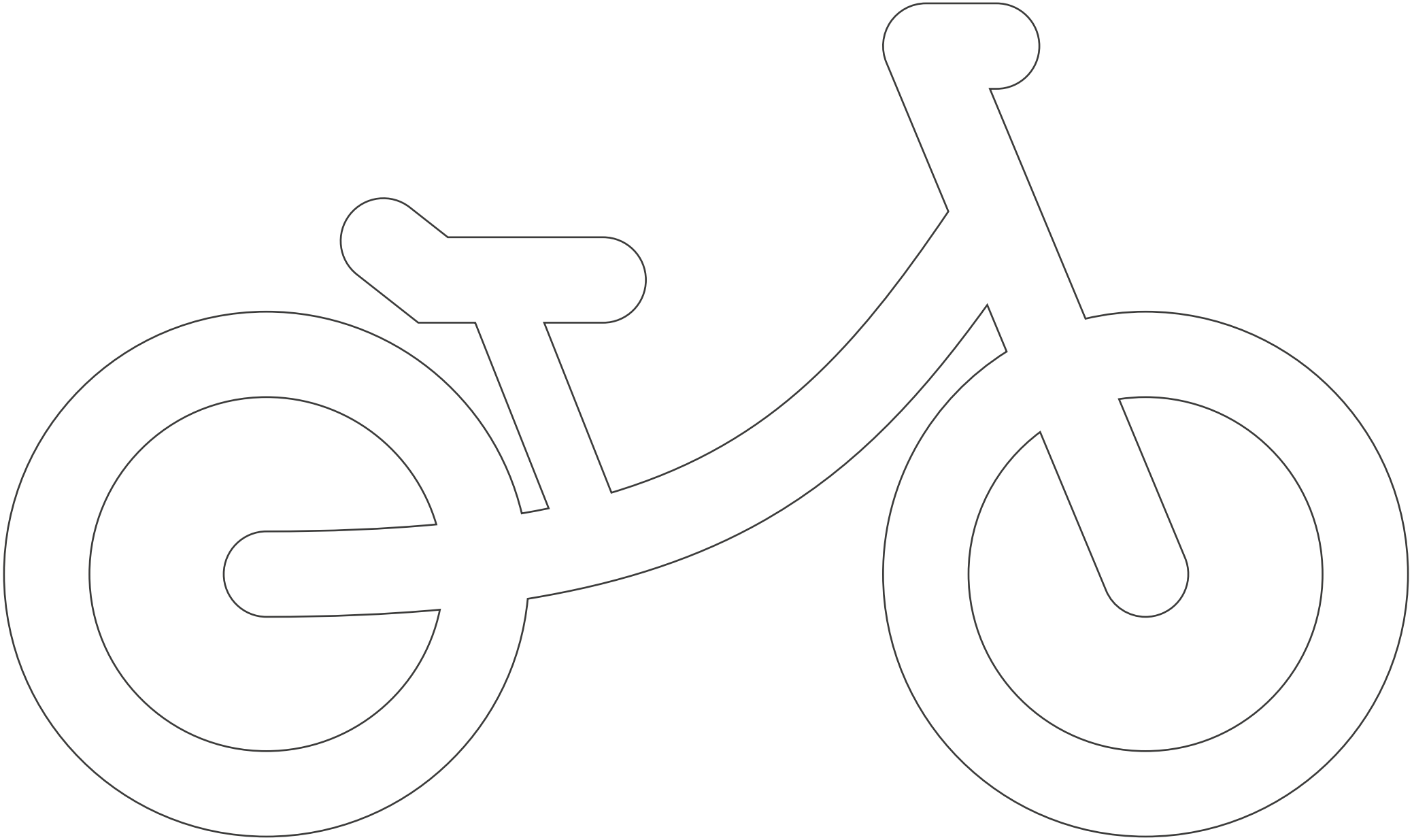
Art and design (Eng/NI)

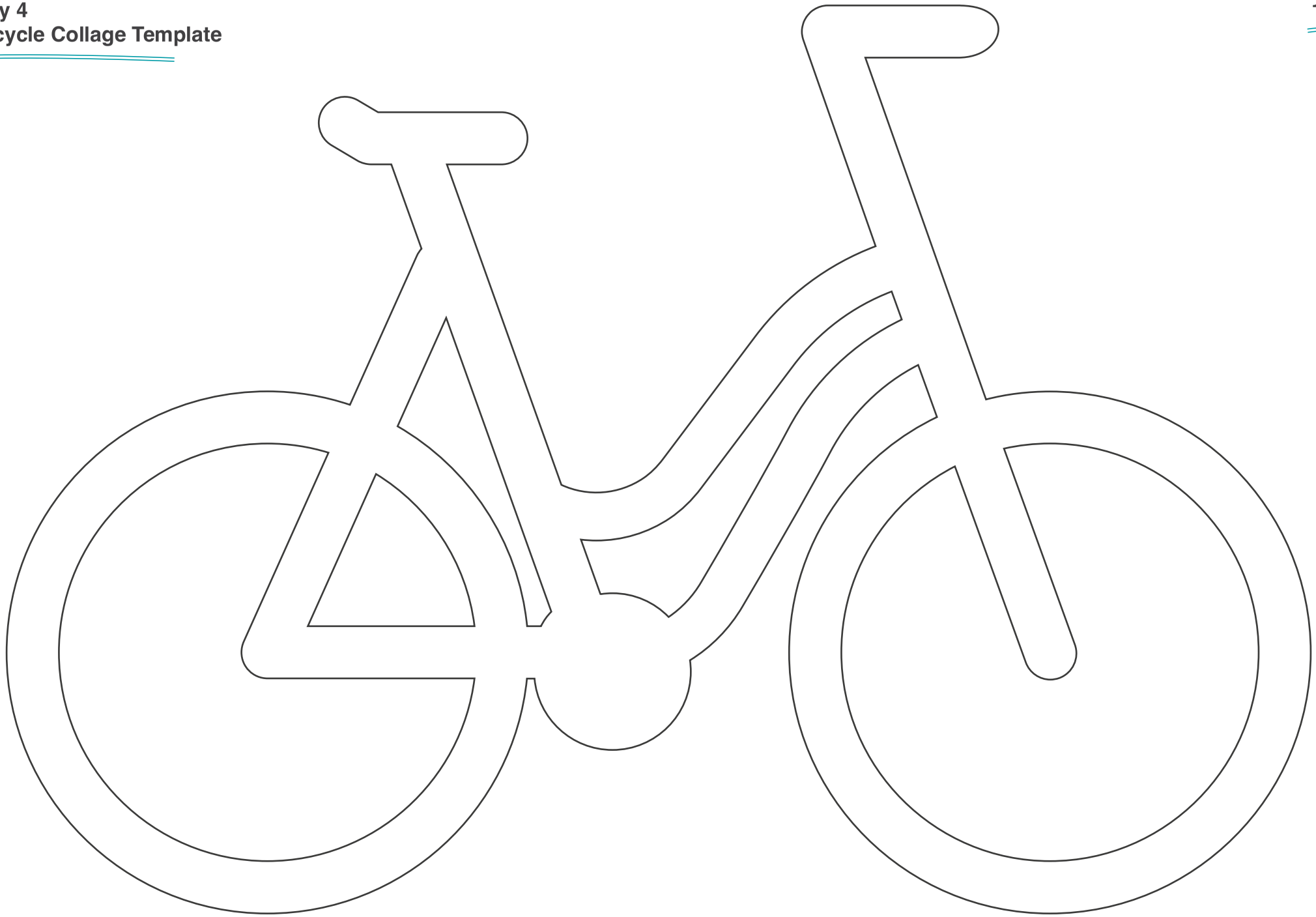
Expressive arts – Art & Design (Scot)

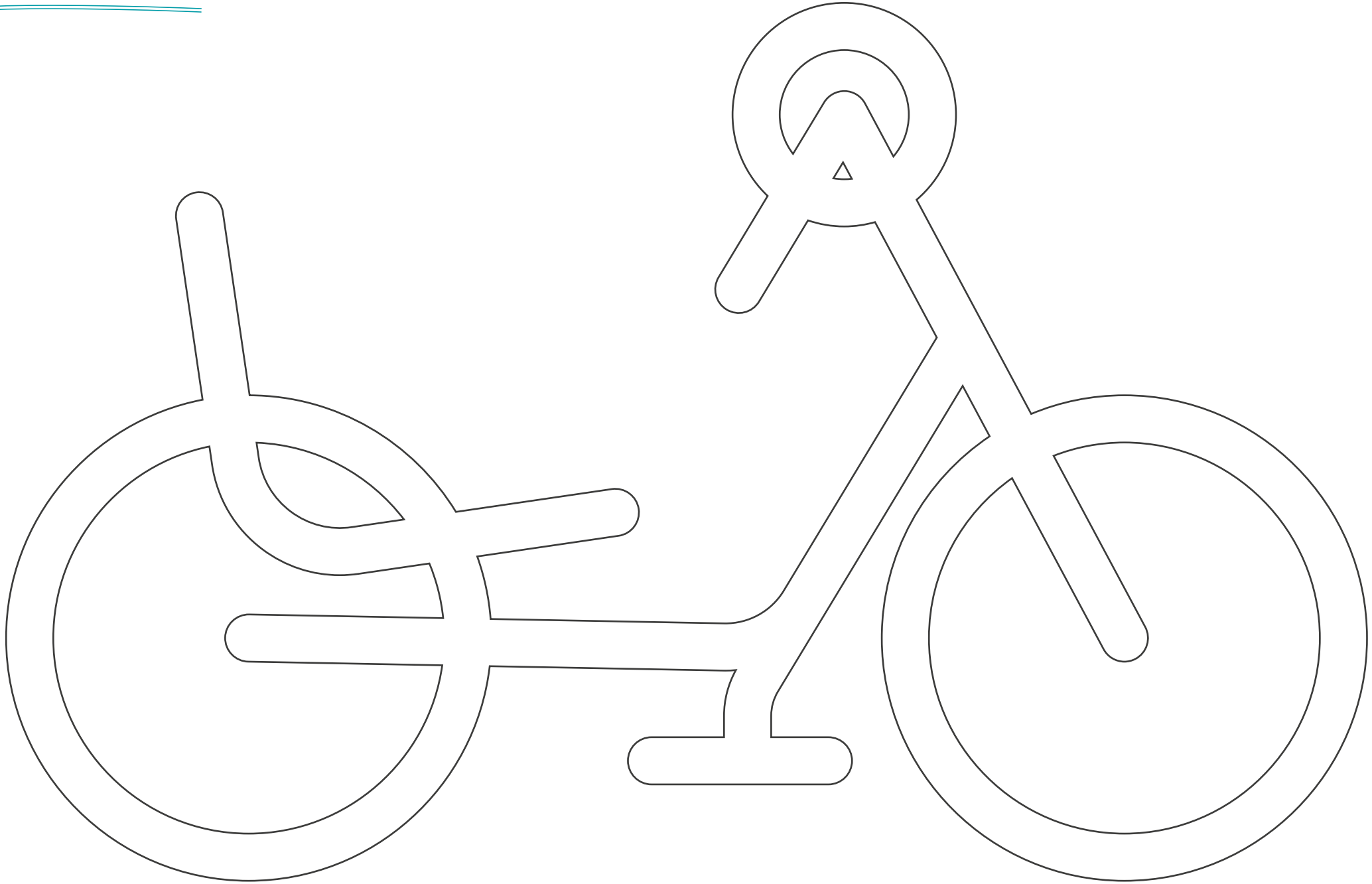
Welsh Curriculum Areas of Learning and Experience: Expressive Arts

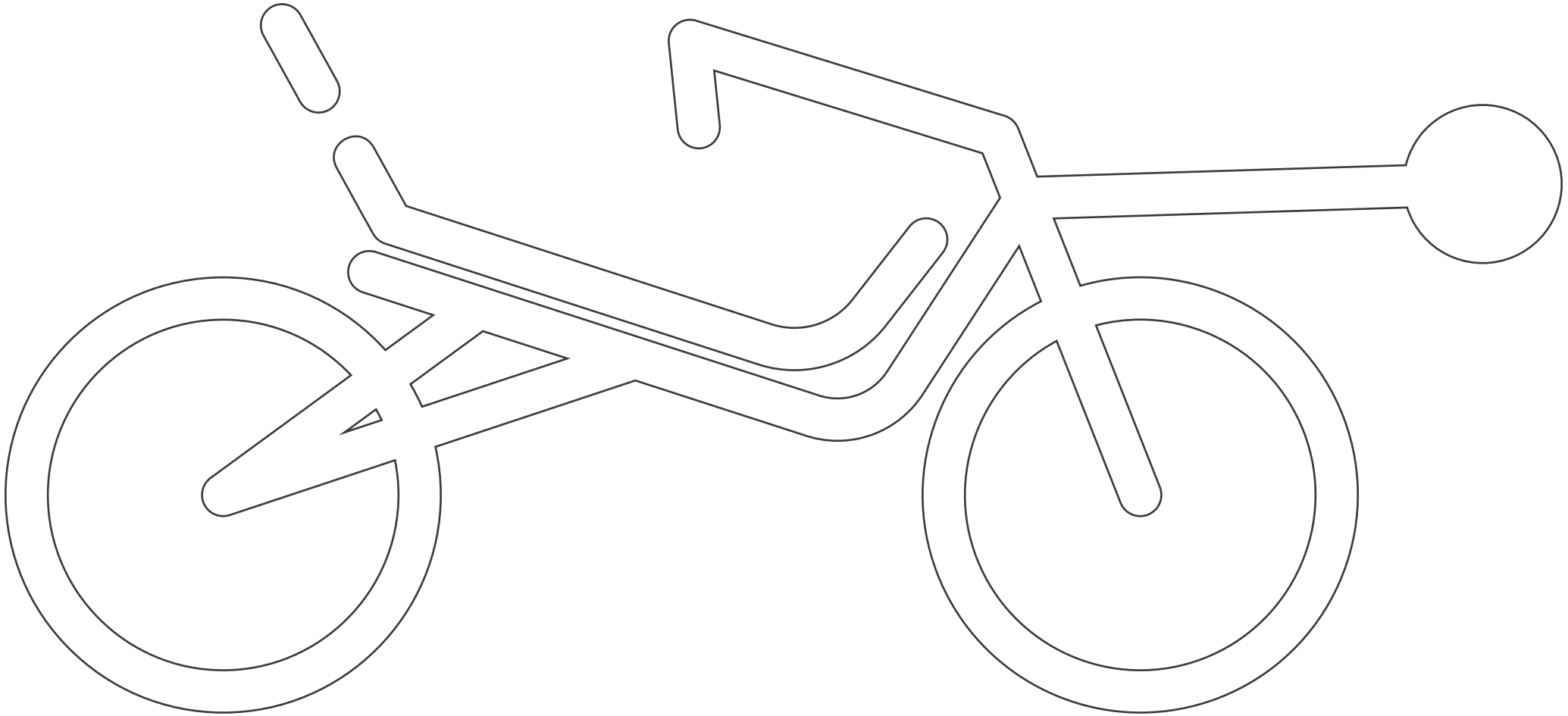
© Sustrans 2023. Sustrans is a registered charity in England and Wales (number 326550) and Scotland (SC039263).

sustrans









Cycle to School Week

A magic bicycle pencil adventure

Objective

Developing fine motor skills with a 'Magic Bicycle-Pencil' adventure across some famous world landscapes.

Activity outline

Secure a Magic Bicycle to the top of a pencil. (1 per pupil)

Choose an Across the World Bicycle Journey sheet to complete (Table Mountain. Himalayas. Amazon Rain Forest. London City)

Each pupil starts with their Magic Bicycle-Pencil at the start of the journey on the paper. As the story/instructions are read out, the pupils trace the journey line on the paper with their Magic Bicycle-Pencil.

Children can use tracing paper and trace the lines too!

Teachers can create their own journey, with pupils using a blank sheet of paper.

Extension

To make this learning active encourage pupils to stand and draw the mountain/ landscape in the air using their Magic Bicycle-Pencil with a fine pincer grip, creating large exaggerated movements, stretching high and wide and moving from side to side where needed.

Inspired by:

This learning resource is brought to you by the **Bikeability Trust**. If you're taking part in Cycle to School Week from 25 to 29 September 2023, don't forget to make a pledge with them for your chance to win! Visit www.bikeability.org.uk/cycletoschoolweek to find out more.

Time needed:

15-20 minutes

Resources needed:

Across the World Bicycle Journey Sheets

Teacher prompt sheet

1 card/laminated Magic Bicycle per pupil (Use Magic Bicycle template)

1 Across the World Bicycle Journey Sheet per pupil, A3 if possible. (There are 3 to choose from)

Solo/group activity:

Both

Curriculum links

Communication & language (Eng)

Language and literacy - Talking and listening (NI)

Literacy & English – Listening & Talking (Scot)

Welsh Curriculum Areas of Learning and Experience: Languages, Literacy and Communication

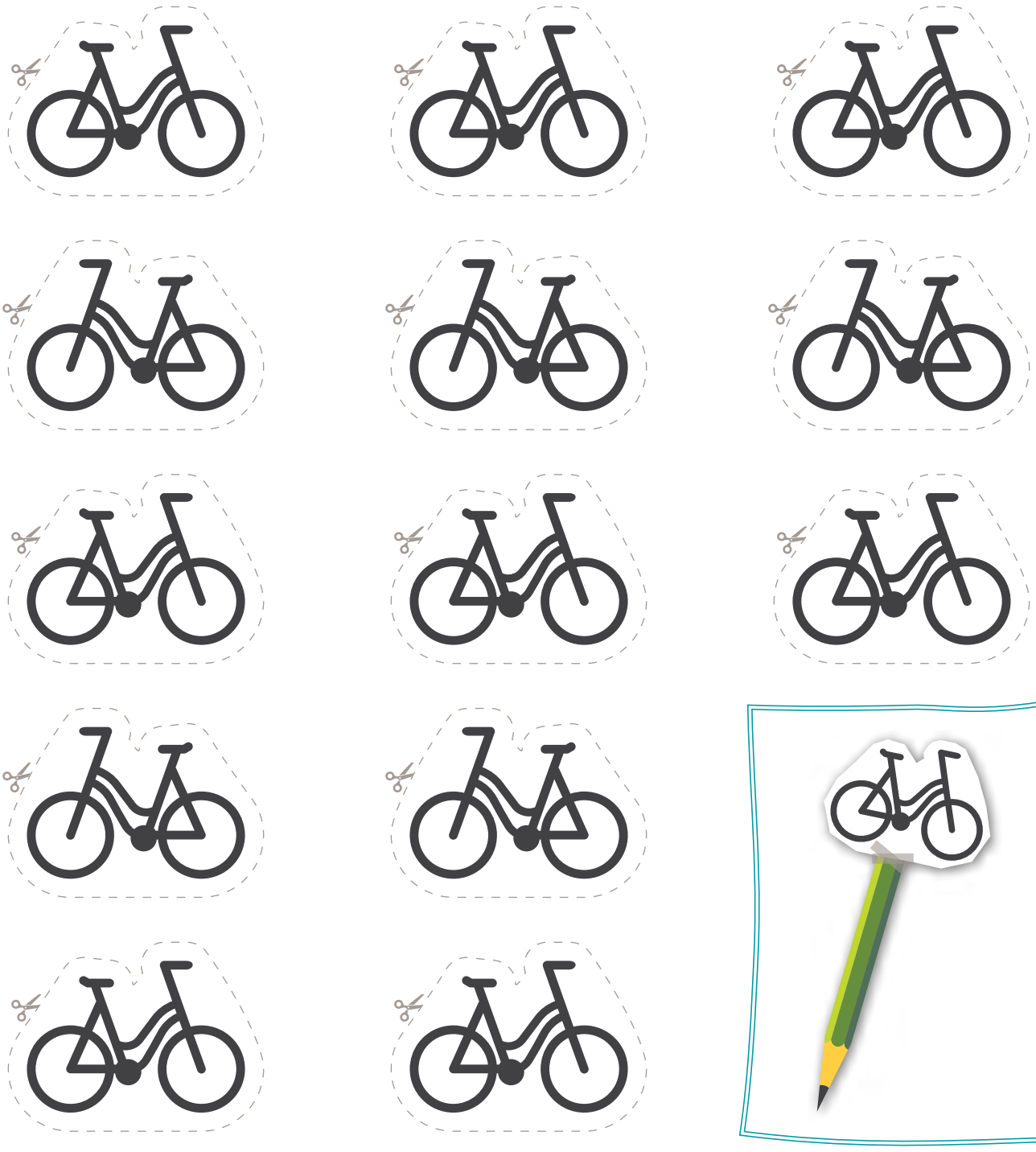
© Sustrans 2023. Sustrans is a registered charity in England and Wales (number 326550) and Scotland (SC039263).

sustrans

Cycle to School Week

Magic bicycle template

Cut out onto card and secure to tops of pencils to create Magic Bicycle-Pencils



Cycle to School Week

Teacher prompt

Our bicycle journey to Table Mountain, South Africa

- Let's set off on our bicycle journey in South Africa. We're going up Table Mountain.
- It's very steep to start with, so we will be cycling very slowly and carefully to the top.
- Let's rest at the top.
- Why do you think it is called Table Mountain?
- What do you think you might see from the top? (Sea, Beach, City of Cape Town)
- If we weren't cycling up the mountain how do you think other people can get to the top? (Cable car)
- Let's carry on along the top, carefully sticking to the path.
- If you feel confident on your bicycle let's see if we can come down the mountain faster on our bicycles! Weeeeeeee!
- Watch out at the bottom for the valley where there is a dip.
- Follow the path right to the end.
- Let's take a look. Do you stick to the path?

Our bicycle journey to The Himalayas

- Our bicycle journey is across the Himalayas, a mountain range created 20 million years ago. It includes the highest mountain in the world – Mount Everest!
- Let's start slowly and carefully following the path cycling up the mountain, it's hard work cycling uphill so we will probably be quite slow.
- Each time we reach the top of a mountain, we need to carefully stick to the path on the way down.
- It's icy so be very careful.
- When we get to the top of the highest mountain, we might see a snow leopard – oh yes I think I can see one!!!! Cycle very slowly down making sure he can't see us, stick to the path.
- Let's cycle on the path, up and down the rest of the mountains until you reach the end, but cycle slowly and carefully in case the snow leopard is around!
- How well did you stick to the path all the way along?

Cycle to School Week

Our Bicycle journey through the Amazon Rain Forest

- Today we are going to cycle through the Amazon Rain Forest in Brazil.
- It's a hot and wet jungle full of tall trees, which form a kind of umbrella over the jungle known as a canopy (like a tent). When it rains it can take 10 minute for the rain to hit the ground!
- It can also be quite dark so we need to cycle carefully so that we stick to the path.
- Let's go, cycle slowly and you may see monkeys, jaguars or even deadly dart frogs!
- When we get to the river, we need to extra careful as we balance on a log and cycle to the other side – Phew!
- Now let's finish our journey and see how well we stuck to the path in the beautiful Amazon Rain Forest in Brazil.

Our bicycle journey through the city of London

- We are going to cycle through the city of London, the capital of England.
- Let's start.
- Follow the road carefully until we get to the bottom, we are next to The London Eye – it's huge!!!
- Let's go again, cycle up the road and round the corner, carefully stick to the road at all times.
- When you get to the bottom of this road, cycle carefully round the sharp corner, you can see Big Ben and Westminster Abbey on the other side.
- Let's keep going along this road, through the centre of London.
- We will cycle over the river Thames, and when we pass the Tower of London we will nearly be at the end.
- Well done – we made it! How well did you stick to the road?

Across the world bicycle journey sheet

Start

End

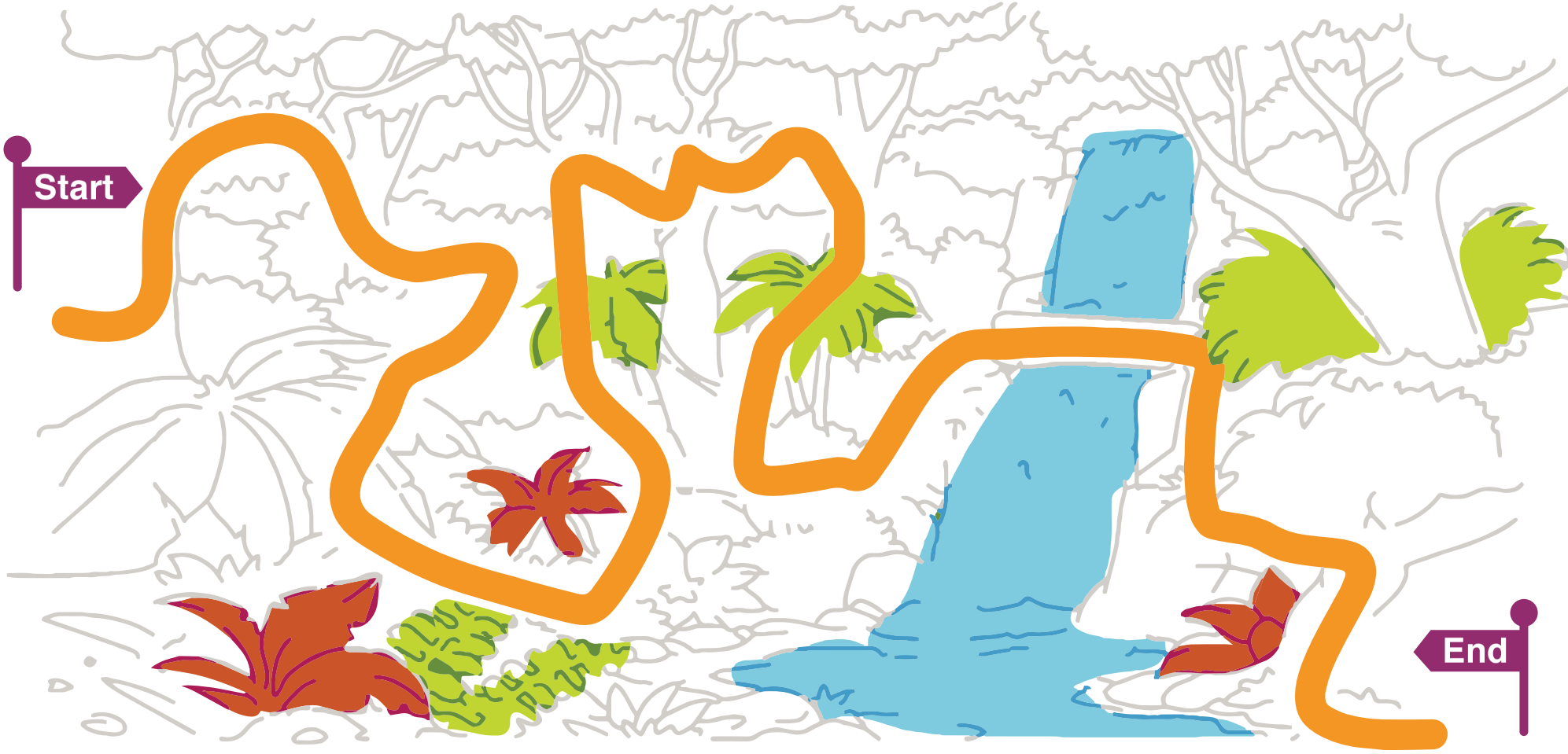
Table Mountain. Cape Town, South Africa

Start

End

The Himalayas

Amazon Rain Forest



The city of London