

'Go Cycling' Lesson Ideas

Starter

- What do you think is the best thing about cycling?
- Make a list of all the good things about cycling e.g. exercise, fun, environmentally friendly...



Group and individual activities

- Create a leaflet or poster to promote cycling for people of all ages.
- Create a leaflet or poster showing tips for safer cycling
- Think of a catchy slogan about the benefits of cycling.

Plenary

What ideas do you have to encourage more children to cycle?



Links

PE strand 4 Health and Fitness

Pupils should be given the opportunity to learn:

4c why physical activity is good for their health and well being

PSHE

Pupils should be given the opportunity to:

1a to talk and write about their views on issues that affect themselves and society

3a what makes a healthy lifestyle, including the benefits of exercise and healthy eating, what affects mental health and how to make informed choices