

# 'Go Cycling' Lesson Ideas

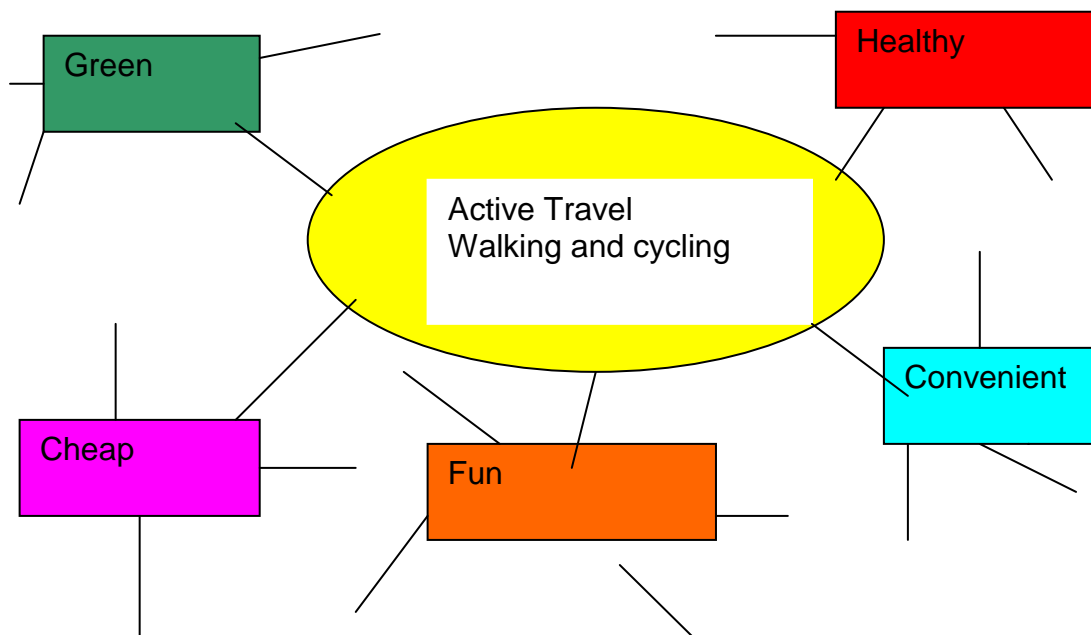


## Starter

- Discuss the things that influence the way pupils travel, -weather, distance, convenience etc...

## Group and individual activities

- Create a mind map of the main benefits of walking and cycling.



## Plenary

Share ideas and discuss the main barriers to walking and cycling.

## Links

Think of ways to encourage more pupils to walk or 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