‘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