

Cycling lessons

Better by...



About this activity

Suitable for years 5, 6, 7 and 8.

Offer cycling lessons during PE time as an inclusive way to allow pupils who do not normally have the chance to use a bike to get active and gain confidence. Lessons also allow those who are more experienced cyclists to improve their skills.

Cycling lessons in a curriculum setting could lead to pupils opting to take part in Bikeability training.

How to run the activity

Bikeability training is available via Spokeci spokesci@gmail.com
Cycling lessons can include:

- Fun, playground-based sessions focused on bike handling, control and speed, as well as learning about how brakes and gears work.
- Introduce on-road scenarios such as traffic (other bikes), pedestrians and road signs and markings.
- Road safety and awareness.
- What to be aware of when cycling on quiet roads and shared paths.

Adapting cycling lessons for SEND school pupils. You may wish to:

- Introduce the idea and purpose of bikes and cycling into the classroom. You can do this through producing bike art or videos. Talk about when and where your pupil(s) would like to cycle.
- Introduce the different parts of a bike and what they do; encourage pupils to touch them. You could also pass around separate materials such as the foam from a seat or rubber from a tyre to allow pupils to feel the textures.
- Introduce adapted bikes and trikes to the playground. This could involve 1-2-1 training to work on balance and get the pupil cycling.

Find more ideas and information in the Department for Transport's document: [Delivering inclusive cycle training: A good practice guide for disability cycle training](#)

Activity steps

- 1. Choose your trainer**
With your PE department and senior management, discuss whether there is someone who can deliver cycling lessons.
- 2. Get cycling**
Make sure you have a big enough space and, if leaving the school site, an adequate staff/instructor to pupil ratio.
- 3. Check for success**
Did your pupils enjoy the lessons? Have more of them started cycling to school as a result?
- 4. Tell your story**
Sign in to Modeshift STARS to add your story and include pupils' feedback. Explain the activity and add photos and any posters or promotional materials. Feedback to your borough officer.

How it helps

This activity counts towards Road Safety/Cycling Travel activity

- Supports the PE National Curriculum.
- Gateway to other cycling initiatives.

Resource

- Read about [British Cycling training for teachers](#).
- Good practice guide for [disability cycling training](#)

This activity can count towards your Modeshift STARS accreditation: Travel activity - C16-C18.
Supporting: Promotion PR1, PR7,
Curriculum CU1, CU8, Partnership P3

