

Benefits of cycling lesson plan: Year 3 & 4

1) Objectives: PE strand – Personal, social and community health

3.5 Investigate everyday decisions that influence health and wellbeing and plan for healthy, safe and active choices.

Pupils should be given the opportunity to learn:

- i. how proposing simple changes they can make to their daily routines to improve their health and wellbeing.
- ii. to list the daily decisions, activities, routines and behaviours that they make and how they influence their health and wellbeing.

3.15 Examine the benefit of physical activity and physical fitness to health and wellbeing.

Pupils should be given the opportunity to learn:

- i. why regular physical activity is good for their health and how it influences your fitness and well-being.
- ii. to describe the physical benefits of participating in physical activity (eg healthy heart and lungs, develop strong bones and muscles) and predict how the body will react to a range of different physical activities.

2) Whole class introduction

To stimulate the children's interest, students are to assemble the different parts of a bike in order to build a complete bike.

Refer to attached Starter Activity– Parts of a bicycle – PDF doc.

- Ask the class how many of them own a bike, how many of them cycle regularly and what they think the best thing about cycling is.
- Make a class list of all the good things about cycling. For example, it's a good form of exercise, it's environmentally friendly, it's fun.

3) Individual and or small group learning task

- Refer to activity sheets 1 and 2.

4) Discussion activity

What might a cycling superhero be like? Students to make a list or an annotated drawing of the personal qualities such a hero might have (healthy heart, strong bones and muscles, sleeps well at night, mentally alert cheerfulness, someone who likes to arrive on time etc)?

5) Plenary.

- What ideas do they have for encouraging more children to cycle?