

## 'Get Active' through cycling lesson plan: Year 5 & 6

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

*4.9 Practise and refine decision making skills and take positive action to manage their own and others' health, safety and wellbeing.*

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

*4.10 Recognise and describe the role of preventative health and maintaining and promotion health and wellbeing for individuals and the community*

*4.12 explore how connections to the natural and built environment can support personal and community health and wellbeing through participation in a range of outdoor activities*

### 2) Whole class introduction

To stimulate the children's interest, show them the different cycling pictures in the 'Starter' Powerpoint presentation.

- 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) Group and individual activities

- i. Have a debate about the benefits of cycling. Children take turns to sit in the 'hot seat' and state why they think children of their age should be encouraged to cycle

more. The rest of the class/group asks the person in the hot seat some challenging questions.

- ii. Create a leaflet or poster to promote cycling for people of all ages.

#### 4) Plenary

Challenge the children to think up a catchy slogan about how cycling keeps us and the environment in good health.

#### 5) Extension

Next year, half of the students in your school decided to ride their bike to and from school each day. List the different consequences you would expect to occur. Would the students be healthier? Have more energy? Would the school need to invest in more bike rack areas? Would the traffic congestion around the school be improved?

#### Sample Hot seat questions

- i. Cycling, like most sports has an element of danger or chance of injury. What can a cyclist do to keep safe when riding their bike?
- ii. In what ways is cycling good for the environment?
- iii. Why is cycling a good sport for young and older people?
- iv. Why are bike couriers a good idea in busy cities?