



## Geography of Sport National Bike Week Teaching Ideas

**Learning Objective:** To understand the benefits and opportunities offered by cycling.

**Success Criteria:**

- To explain the benefits of cycling.
- To identify the main characteristics of popular locations for cycling in the UK.
- To create a leaflet about a UK long-distance cycle route.

**Context:** This lesson forms part of the Geography of Sport unit for KS3 Geography and is also a valuable resource of National Bike Week.

### Starter

The students are encouraged to think about the benefits that cycling can bring, which can be physical, mental and social. A list of the benefits on the PowerPoint has had the vowels removed and students need to work out what they are. Answers are on the next slide.

### Main Activities

#### Our Cycling Routes

Information is presented to the class about the cycling routes in the United Kingdom. There are then three short tasks the students can choose between: 1) [Bike Week Word Search](#) 2) [Design a Bike For The Future](#) 3) [Design a Round-The-World Bike](#). Be aware that tasks 2 and 3 will take longer than task 1.

#### Popular Trails

This is an introduction to some of the most popular cycling trails of the UK, with trails in Europe also being considered as an extension. Students are encouraged to carry out independent research on the internet to find out more about the suggest routes, including where they are, their length and what there is to do along them. Students are also asked to find a trail example on their own and find out information about it. [The UK Cycle Trails Activity Sheet](#) and the [European Cycle Trails Activity Sheet](#) are used in this task.

#### Promoting the Trans Pennine Trail

This is a design task where the students are asked to create an A4 folded brochure to promote the Trans Pennine Trail, using the [Trans Pennine Trail Activity Sheet](#). The brochure should include several different aspects of the trail, including places it passes, things to do there, places to stay, where to eat and how to prepare.

### Plenary

#### Plan a Biking Holiday

In small groups, students plan a biking holiday, considering where to go, how long it will take and organising practicalities along the way.

#### Geographical Music:

Bicycle Race, by Queen.