

Let's go cycling ...in the countryside

KS2 activity sheet lesson plan

Aim: By the end of this exercise, students will have a better understanding of how to enjoy cycling in the countryside whilst being safe and responsible. The activity sheet has been designed to compliment the National Curriculum for key stage 2 in geography and citizenship.

Starter (10 mins): To check students understanding of the term 'countryside', put them in to pairs or three's and ask them to describe to each other an experience they have had in the countryside. Then report back to the rest of the class.

Main (40 mins): Using the activity sheets provided (A2 copy to display and A3 copies to be given to groups/photocopied if necessary) ask the students to get in to groups of four or five and work through the sheet, writing/drawing answers on paper. Students may need help with certain questions:

Materials required:

Activity sheets, paper, pens/pencils, colouring pens/pencils, an OS map for reference.

Answers to questions:

1 Be safe and seen. Draw 3 items that you should wear?

The picture of the children getting ready to go out cycling and putting on a helmet can be referred to. A good answer to this question would include: a helmet, bright comfortable clothing and reflective clothing (could include reflective vest, jacket, trouser clips, bag cover etc).

2 What 5 items would you take in your rucksack?

On the worksheet there are actually ten items that are dotted about. Five of which are items we believe are important and these are: water bottle, map, waterproofs, pump, and puncture repair kit. The other items are either too bulky or not needed. This question could be expanded so that students think of other items on their own such as money, snack bar, mobile phone and spare inner tube which are all valid.

3 You see a fingerpost. Which route would you follow? Why?

The picture where the two cyclists have stopped at a fingerpost, has three 'fingers' pointing in different directions. The correct answer here is that cyclists are allowed on bridleways but NOT footpaths.

4 Who or what might you see if you saw these waymarkers?

Waymarkers are basically discs which have a coloured arrow pointing which way the right of way continues. There are three different rights of way and therefore three different coloured waymarkers. Each right of way allows different users:

Footpath: walkers only

Bridleway: walkers, cyclists and horse-riders only

Byway: walkers, cyclists, horse-riders, horse drawn vehicles and motorised vehicles

In addition there is also a right of way known as a restricted byway which will have a purple coloured waymarker but none of these currently exist on the ground in Hampshire. A restricted byway allows use by all of those allowed on a byway **except** motor vehicles.



5 You see a horse and rider. List two things you should do and two things you shouldn't do

It is thought that some conflict does exist between horse-riders and cyclists in the countryside and this is mainly to do with not knowing how to behave.

If a cyclist is coming head-to-head with the horse and rider, a good response to this question would be to slow down, or stop, and ask the horse rider what they should do. Valid answers also include those from the horse-riders perspective, i.e.: the horse-rider may signal to you to cycle past. A cyclist should not cycle quickly past a horse nor ring their bell close to the horse.

If however, you are cycling towards the back of a horse and rider, you should make the rider aware by calling out or ringing your bell. Horses and riders cannot hear cyclists approaching from behind so you should not cycle quickly past or without warning.

6 What 5 things would you enjoy most about cycling in the countryside?

This is an open question and so any answer is valid. You may like to encourage the children to think about key words rather than a number of sentences. You may also like them to think about what they might have seen in terms of landscape and wildlife or just the feeling they may have had whilst cycling out in the countryside.

Summary (10 mins): To find out what the students have learnt, here are some quick questions to ask the class as a whole (correct answers in bold):

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| 1. It is best to wear a cycle helmet and bright clothes when cycling | True or False |
| 2. Cyclists are allowed on footpaths | True or False |
| 3. Name two things you would take in your rucksack | As main Q2 |
| 4. You may see a horse on a bridleway | True or False |
| 5. You should cycle quickly past a horse | True or False |

You could also ask the children to tell the rest of the class about a cycling experience they have had.



If you would like further information on cycling in Hampshire including promoted routes please visit our website www.hants.gov.uk/cycling

Please note: We are aware of, and apologise for, the grammatical error in the title of the worksheet, which should read Let's.