

# Delivery Guide – Cycle Sport

## Overview

This topic comes in three stages: entry level, level 1 or level 2. It provides learners with the opportunity to find out about cycling related sport and the variety of cycling sports available. It helps learners to consider what they would need to do to get involved in sport themselves and also provides opportunity to them to find out about local sporting opportunities, knowing where to look and how to access these facilities.

## Resources

### Digital

<https://membership.britishcycling.org.uk/>

<https://www.cyclinguk.org/join-cycling-uk-today>

These websites help you to find out about the national organisations that support cycle sport. They help you to consider membership of the organisation and also any insurance needs.

<https://www.cyclinguk.org/groups-listing>

<https://www.britishcycling.org.uk/clubfinder>

These websites help you to find your local cycling group(s).

<https://www.cyclingtimetrials.org.uk/>

<https://www.bmbo.org.uk/bmbo/>

<https://www.britishcycling.org.uk/search/article/mtb20110629-British-Cycling-Mountain-Biking-0>

<https://www.bemba.org.uk/>

<https://www.bicycleballet.co.uk/>

<http://www.rra.org.uk/>

<https://www.britishtriathlon.org/>

These websites provide links to the governing bodies on specific cycling related sports.

<https://www.britishcycling.org.uk/search/article/mtb20110629-British-Cycling-Mountain-Biking-0>

This website provides explanations of the different sports within cycling e.g., road, mountain biking, cyclo-cross, BMX etc.

<https://www.youtube.com/watch?v=1yExf4Y9WcE>

This clip explains the purpose of different types of bikes.

<https://www.cyclingworldchamps.com/>

<https://www.letour.fr/en/>

These websites provide information about national and international cycling events.

## Physical

Internet access and devices for learners

Student workbook (level 1)

## Subject knowledge

People delivering this topic need a basic understanding that there are different types of cycle sport available and that there are different types of bikes for specific purposes. By using the links above, you can guide learners through acquiring the knowledge and skills to achieve this topic. Also, by using local experts e.g., from cycling clubs or local champions, you can provide real life experiences for your learners.

## Activity ideas

This topic can be delivered by:

- Using the links above, breaking them down into small chunks, discussion and questions.
- Arranging a talk from a local cycling champion.
- Arranging a meeting with the local bike club. Members could bring along their different types of bikes and explain their purpose and the specific aspect of cycling the bike is used for.
- Visiting your local bike shop to look at the different types of bikes and discuss their different purposes.
- Researching sports and people so that they can give a short presentation or discuss the topic with a talk partner may also be a good way of delivering this topic.

## Evidencing completion of the unit

### Entry Level ([Unit Code: 117887](#))

#### Outcomes

##### experienced

1. participating in a cycle sport activity

##### shown knowledge of

1. three different types of cycle sport.

#### Evidence

1. Record on the evidence sheet when you have seen evidence of the learner participating in cycle sport. This does not have to be competitive. You don't have to have witnessed this first hand, they may have shown you photos or videos.
2. Record on the evidence sheet when you have seen evidence of the learners' talking about three different cycle sports. Their responses should be much more than just naming a sport. E.g. 'BMX racing is where you race a BMX round a track that has jumps and rollers in it. The riders all start together from a gate and races are quite short' rather than 'BMX'

### Level 1 ([Unit Code: 117888](#))

#### Outcomes

##### demonstrated the ability to

1. take part in competitive cycle sport on at least two occasions
2. access two different types of cycle sport
3. train to improve their performance in a cycle sport event over a given period

##### shown knowledge of

4. five people who compete in cycle sport at a national or international level
5. an international cycle sport event
6. a local cycle sport event
7. the safety equipment that is needed for two different cycle sports.

#### Evidence

3. Record on the evidence sheet when you have seen evidence of the learner participating in competition on two occasions. This may not be from actually seeing them first hand, but might be their name on a results sheet, a medal or certificate.
4. Record on the evidence sheet when you have seen evidence of participation in two different cycle sports. They do not both need to be in competition. The disciplines shouldn't be too closely related e.g., Mountain Biking and Road racing would be preferable to having participated in two track disciplines. The evidence you see doesn't need to be first hand, they may show you video or a photograph, or if they compete in two disciplines proof of their result is also acceptable.
5. Record on the evidence sheet when you have seen the learner demonstrate that they are working towards improving their performance. This could be through comments like 'I'm racing this weekend so I'm going to make sure I have an early night because rest and sleep are really important' or 'I'm riding to school every day so that I get more training miles in'
6. Learners should conduct some research and complete the table in the Learner work booklet or share the information with you verbally so that you can record it on the summary sheet. If

possible, the list should include a variety of disciplines rather than 5 members of the same team. The Maths teacher reference is Michael Broadwith who currently holds the Lands End John O Groats record and was 24hr time trial national champion for three consecutive years (2015 – 2017).

7. The learners' response should give more detail than simply naming an event. It should show that they have researched their chosen event by giving pieces of information such as 'Redbull Hard-line takes place in Wales at the end of the Downhill MTB world cup series in September. It is a downhill MTB race which is much more technically difficult than other downhill races! About 30 of the worlds best mountain bikers are invited to take part. The prize money is \$100,000 USD'
8. The learners' response should give more detail than simply naming an event. It should show that they have researched their chosen event by giving pieces of information such as 'North Lancashire Road Club hold a 10-mile time trial every Tuesday evening between May and September. People sign on at the car park by the sports centre and ride around a local road circuit. Anyone can enter, but kids need to have a parent or carer with them and there isn't any prize money, but the results get put on the club's website, so everyone knows who the best local rider is!'
9. The Learners' responses should include all of the safety kit they need for their chosen disciplines. These could be informed by the kit list from a venue, an event organiser or general information from a magazine etc. e.g., 'Time Trial Kit list – Helmet, front & back lights, bike must be roadworthy' or 'Freeride MTB – Full Face Helmet, Neck Brace, Body Armour, Elbow pads, Knee Pads & Shin guards'