

Delivery Guide – Cycling in my local area

Overview

This topic provides learners with the chance to find out more about cycling in their local area. This includes finding out about local cycling clubs, the cost of activities and the level of difficulty of different activities, deciding whether it is right for them. There is an entry level and level 1 unit. Learners will ask questions and develop their research and social skills too.

Resources

Digital

<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.sustrans.org.uk/our-blog/get-active/2020/everyday-walking-and-cycling/cycling-for-beginners/>

This website helps you to find out more about cycling for beginners. It is broken down into different sections.

Physical

Internet access and devices for your learners

Student workbook

AQA Summary sheet

Subject knowledge

The person delivering this topic needs to know how to search effectively using the internet and needs to be able to support learners in making contact with local cycling clubs. It would be preferable if the person delivering has some knowledge of cycling in the local area, but it is not essential.

Activity ideas

This topic can be delivered by:

- Arranging a visit to a local cycling club.
- Arranging a speaker from a local cycling club to speak to the group of learners.

- Accessing local cycling clubs' social media pages and their websites
- Using the links above to find out information about the local cycling offer.
- Using Microsoft Edge if learners find reading difficult.
- Visiting local bike shops/ cycling cafes to find out about bike hire.
- Visiting a local cycling venue eg velodrome.

Outcomes

Entry level (117891)

shown knowledge of

- 1 what they need to do to access a local club or activity
- 2 the opening times of a local cycling venue or event

experienced

- 3 attending local cycling clubs, venues and activities.

Evidence

1. Record on the summary sheet when learners have shown knowledge of what they need to do to access a local club or activity. Answers need to include meeting time, place, how they will get there and what the activity is.
2. Record on the summary sheet when learners have shown knowledge of the opening times of a local cycling venue or event. Answers could include, "The velodrome is open daily 9-5," or, "The sportive begins at 9am from the community centre and the event ends at 5pm at the same place."
3. Record on the summary sheet when you have observed learners attending a local cycling club, venue or activity. Learners can talk about their experiences of attending with you.

Outcomes

Level 1 (117890)

demonstrated the ability to

- 1 ask at least two questions to find out specific information
- 2 use internet search engines to find out about local cycling clubs, venues, events and activities
- 3 decide if an activity is the right level for them

shown knowledge of

- 4 the cost of accessing a local cycling event or activity
- 5 what equipment they need to take part in a local activity
- 6 how to get to local cycling venues
- 7 a place they can borrow or hire equipment they might need

experienced

8 attending local cycling clubs, venues and activities.

Evidence

1. Record on the summary sheet when the learner has provided at least two questions to find out specific information. Answers could include, "Where do I find out information about cycling events in my local area?"
2. Record on the summary sheet when you have witnessed the learner using search engines accordingly.
3. Record on the summary sheet when you have discussed a specific activity with the learner. The learner needs to explain why they think the activity is at the right level for them. Answers could include, "I have found a ride with my local cycling club this Saturday at 9am. It is a beginner's ride and I am a beginner so I think this ride is ok for me."
4. Record on the summary sheet when you have listened to the learner explain the cost. Learners can also record their findings in the learner workbooks.
5. Record on the summary sheet when you have listened to the learner explain the equipment they will need for the event. Learners can also record answers in the learner booklet. Answers could include, "I will need a mountain bike, helmet, gloves, water bottle, puncture kit and some snacks."
6. Record on the summary sheet when the learner has described how they are going to get to the local cycling event. Learners could show you the train timetable and talk about which train they are going to catch, how long it will take and where they are getting off etc. Learners can also record their answers in the learner workbook. Learners need to consider mode of transport carefully if they are transporting a bike.
7. Record on the summary sheet when learners have identified a place to hire the equipment needed. Learners can also record their answers in the learner workbook. Answers could include, "I will hire the equipment from the hire shop at the mountain bike trail centre," or, "I will hire the equipment from the velodrome."
8. Record on the summary sheet when learners have experienced attending local cycling clubs, venues and activities. Learners can talk about their experiences, including for example: who they met, what they talked about, what they did, how they felt, whether they will go back etc.