Name: _____ Learner Number: _ _ _ _

Centre Name: _____ Centre Number: _ _ _ _ _

Learner Work Booklet

for

Planning a Bicycle Journey (117883)

(Outcome 1) Planning your journey.

Think of two places that you might want to cycle between. One of these could be where you live and the other a place that you visit t least once every week e.g. a place of worship, school/college, a leisure facility or a shop.

Starting point: _____

Destination: _____

How far apart are those two places?

_____

What landmarks would you pass on your way?

_____
_____
_____
_____
_____

(Outcome 2) Estimating journey time.

According to STRAVA, the average pace of an average cyclist in London is 22.5 kilometres per hour, this is about 14 miles per hour.

So, an average London cyclist would take an hour to ride a 14-mile journey.

Here's a method for working out their journey time over other distances…

DISTANCE ÷ SPEED = TIME (Hours)

7 miles ÷ 14mph = ½ hrs

This is all you need to do if your journey distance is a factor of your average speed, but it wont always be, so here's how to work it out in minutes…

DISTANCE ÷ SPEED = TIME (Hours)

9.5 miles ÷ 14mph = 0.68 hrs

TIME (Hours) × 60 = TIME (Minutes)

0.68 hrs× 60 = 40.7 minutes, we can round this up to 41 minutes.

If your journey is longer, you might need to express your answer in a mix or hours and minutes.

DISTANCE ÷ SPEED = TIME (Hours)

19.5 miles ÷ 14mph = 1.39 hrs

COMPLETE HOURS = 1

TIME (Hours) × 60 = TIME (Minutes)

0.39 hrs × 60 = 23.6 minutes, we can round this up to 24 minutes.

1hr, 24 mins.

What do you think your average cycling pace is?: _____

How long is your journey?: _____

Distance_____ ÷ Speed_____ = _____ hrs

_____ hrs × 60 = _____ mins

_____ hrs, _____ mins

Now that you have an idea of where to go and how long it will take, you could share this information with another cyclist.
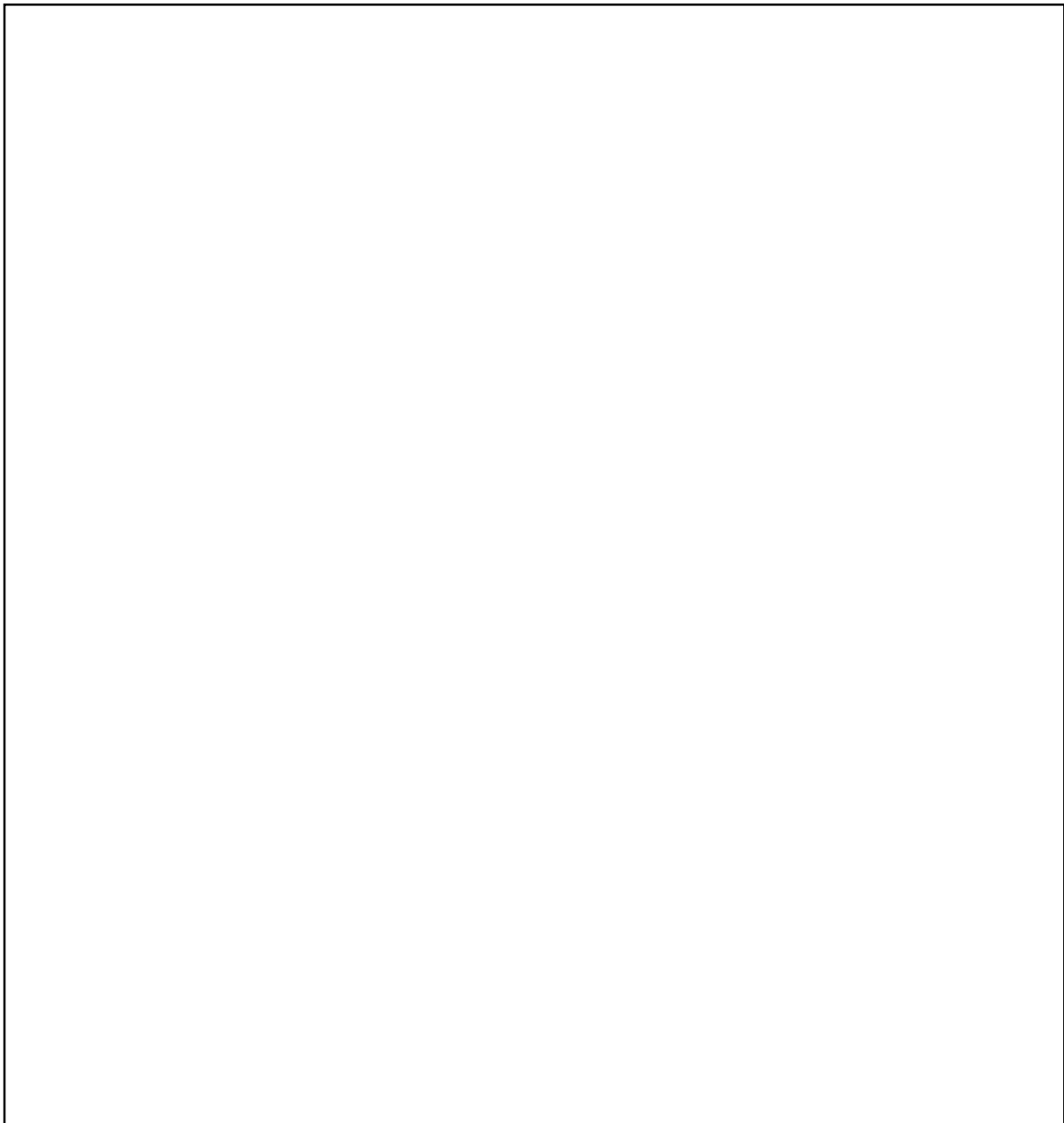
You can do this by creating a route card, drawing a map, giving verbal instructions or creating a digital route.

To give directions or create a route card, you can use the following sentence structure:

At LANDMARK, DIRECTION for DISTANCE.

This creates sentences like: At the library, turn right and ride for ½ mile.

/Use the space below to create a route card or to draw a map of your journey.

(Outcome 4) Cycling Infrastructure.

Cycling infrastructure might be; segregated cycle lanes, cycle lanes, shared use paths or signs and road markings that are designed to help you e.g. to help you get through a complicated or busy junction.

Make a note of any cycle infrastructure on your journey that could help you and where it is.

Segregated cycle lanes

_____
_____
_____
_____
_____

Cycle Lanes

_____
_____
_____
_____
_____

Shared Use Paths

_____
_____
_____
_____
_____

Signs and road markings

_____
_____
_____
_____
_____

(Outcome 5) Factors affecting my speed.

Along your route, you could encounter things that will affect your speed and the time that your journey takes. Some of the things that you might encounter are:

- Hills
- Busy traffic
- Junctions that are difficult to navigate
- Traffic lights

What Two things might affect the time that your journey takes?

1. _____
   _____
   _____
   _____
   _____

2. _____
   _____
   _____
   _____
   _____

(Outcome 6) Planning routes digitally.

There are a wide range of digital resources that can help with planning and sharing routes, some of them are free and some have to be paid for. Many are accessed by an app and some also have a web based version, which can be more detailed.

Which online resources could you use to help plan a journey?

1. _____
   _____
   _____
   _____
   _____

2. _____
   _____
   _____
   _____
   _____