Name: _____ Learner Number: _ _ _ _

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

Learner Work Booklet

for

Planning a Bicycle Journey (117884)

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?

_____
_____
_____
_____
_____
_____
_____

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.

Now Plan two more routes to places that you have visited before…

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?

_____
_____
_____
_____
_____
_____
_____

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.

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?

_____
_____
_____
_____
_____
_____
_____

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.

Finally, plan a route to a place that you are going to visit and haven't been to before.

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?

_____
_____
_____
_____
_____
_____
_____

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 3) 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 to a place that you haven't visited yet?: _____

Distance_____ ÷ Speed_____ = _____ hrs

_____ hrs × 60 = _____ mins

_____ hrs, _____ mins

(Outcome 8) 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?

3. _____
   _____
   _____
4. _____
   _____
   _____
5. _____
   _____
   _____

(Outcome 9) 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
- Weather
- Time of day

What might affect the time that your journey takes?

1. _____
   _____
   _____
   _____
2. _____
   _____
   _____
   _____
3. _____
   _____
   _____
   _____

(Outcome 10) Plans B - Z.

You have already identified three things that might affect your journey time. How could you adjust your journey to compensate for one of the factors that might slow you down?

_____
_____
_____
_____
_____
_____
_____
_____
_____
_____
_____

(Outcome 11) Navigation gadgets!

As well being able to use online digital resources to plan your route in advance, there are devices available that can help you with navigation during your journey. This includes smart watches and cycle computers.

Which Navigation gadget do you think would be the most helpful for you? Please give some reasons for your answer too.

_____
_____
_____
_____
_____
_____
_____
_____
_____
_____
_____
_____
_____