

Name: _____ Learner Number: _____

Centre Name: _____ Centre Number: _____

Learner Work Booklet for Cycle Sport (117888)



This workbook was created by Breaking Cycles CIC in partnership with The Bikeability Trust as part of the widening participation project in 2022.

These resources are free to use and intended to be used, alongside L3 Bikeability training, as part of your alternative curriculum.

(Outcome 4) Cycling heroes

Cycling has a wide variety of disciplines. There are plenty of professional cyclists, whose tyre tracks you could follow in, and national and international events often include amateur and semi-professional athletes too.

Complete the table below, showing your knowledge of people who compete at a national or international level. This list could include professional cyclists or maybe your maths teacher!

Cyclist's name	Which discipline do they compete in?	When did they compete at a national or international level?
_____ _____	_____ _____	_____ _____

(Outcomes 5 & 6) International & Grass-roots Competition

Cycling has many disciplines and formats, whether it's an informal local event organised by your local club or an international competition.

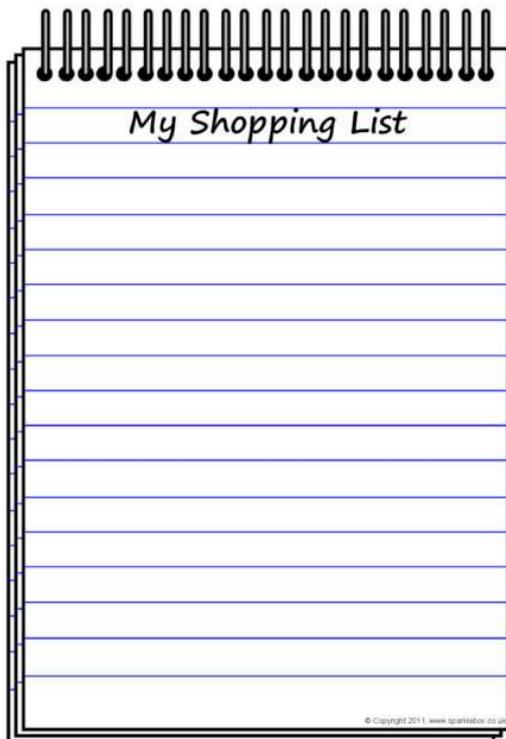
Research an international event and a local grass-roots event then use the table below to compare them.

	Local Event	International event
Name of event	<hr/> <hr/>	<hr/> <hr/>
When does it take place?	<hr/> <hr/> <hr/>	<hr/> <hr/> <hr/>
Where does it take place?	<hr/> <hr/> <hr/>	<hr/> <hr/> <hr/>
What sort of cycle sport is it?	<hr/> <hr/> <hr/>	<hr/> <hr/> <hr/>
Who can enter?	<hr/> <hr/> <hr/>	<hr/> <hr/> <hr/>
How many people take part?	<hr/> <hr/> <hr/>	<hr/> <hr/> <hr/>
What does the winner get?	<hr/> <hr/> <hr/>	<hr/> <hr/> <hr/>

(Outcome 7) What do I need...

The many forms of cycle sport have different types of bikes, clothing and safety equipment. If you are visiting a specific facility, like a bike park or a velodrome, they will have a list of kit that is required for you to use the facility. Events also have rules about safety equipment.

Research two different types of cycle sport, thinking about what safety kit you would need to get started and to visit a facility or enter an event. Use the space below to create a shopping list for each discipline.



A spiral-bound notebook with a lined page. The page is titled "My Shopping List" in a cursive font. The page has 15 horizontal lines for writing. At the bottom right corner, there is a small copyright notice: "© Copyright 2011, www.sparklab.co.uk".



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