

Name: _____ Learner Number: _____

Centre Name: _____ Centre Number: _____

Learner Work Booklet for cycling for physical wellbeing level 1 Unit Title (117897)



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 2) Plan a ride for someone who is new to cycling and wants to improve their cardiovascular fitness

People are keen to go to the gym, go for a run or a walk, but what about a bike ride to improve your cardiovascular fitness. Plan a ride for someone who is new to cycling. You need to think about how this ride will improve their cardiovascular fitness, so they either need to be climbing some local hills to get out of breath or need to be travelling fast along the flat to break a sweat! Think about your local area and use the space below to write a brief description of the route or draw the route, marking on your plan where the person will improve their cardiovascular fitness eg climb Pendle Hill.

