

Name: _____ Learner Number: _____

Centre Name: _____ Centre Number: _____

Learner Work Booklet for cycling for physical wellbeing level 2

Unit Title (117898)



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 1) 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 description of the route or draw the route. Make it clear the points at which the rider's cardiovascular fitness is being improved, for example by climbing Pendle Hill.

How does this route improve the rider's cardiovascular fitness?

(Outcome 3) Cycling helps prevent illness

Use the internet to search for two medical conditions that could be prevented from exercising regularly and explain how the conditions help to prevent the condition.

Medical condition that could be prevented	How does cycling prevent the medical condition?
1. _____ _____ _____ _____	_____ _____ _____ _____
2. _____ _____ _____ _____	_____ _____ _____ _____

(Outcome 4) Cycling on prescription?

Name two medical conditions that could be treated with regular exercise and explain how these medical conditions help with treatment.

Medical condition that could be treated with cycling	How does cycling help to treat the medical condition?
1. _____ _____ _____ _____	_____ _____ _____ _____
2. _____ _____ _____ _____	_____ _____ _____ _____

(Outcome 5) Are there any risks?

Sometimes too much exercise can be a risk to certain people with specific medical conditions. Describe a risk associated with asking someone who has a medical condition to over-exert themselves.

(Outcome 6) Let's all join in!

Some people say that they can't cycle due to specific medical reasons. How could cycling be adapted so that people with a medical condition, that could require some support, can access cycling?

(Outcome 7) What about different levels of physical capability?

People have different levels of fitness and also different levels of physical capability. How can you include people with different levels of physical capability in a bike ride you have planned?

Adaptation made to the ride	How does this include the person with different levels of physical capability?
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