

## Lesson Plan

Below is a lesson plan for teachers to use to teach their students about the benefits of cycling and why people choose to ride bicycles.

Section of Lesson Plan	Description
<b>Activity Name</b>	Why Cycle?
<b>Grade</b>	Grades 5-8.
<b>Time</b>	15 minutes.
<b>Summary</b>	This lesson encourages students to think about the many benefits of cycling. Students will work in small groups to brainstorm reasons why people choose to ride bicycles. Each idea will be written on a sticky note and shared with the class. The teacher will then guide students in sorting their ideas into categories: physical benefits, mental benefits, environmental benefits, and other reasons. This activity encourages discussion, teamwork, and critical thinking while helping students understand the positive impacts of cycling on personal health and the environment.
<b>Curriculum Connections</b>	<p>Health and Physical Education</p> <p>Grade 5: A1.3 Positive motivation and perseverance, A1.6 Critical and creative thinking, B1.3 Motivation, B3.1 Injury safety, B3.2 Injury prevention</p> <p>Grade 6: A1.3 Positive motivation and perseverance, A1.6 Critical and creative thinking, B1.3 Motivation, B2.2 Fitness benefits, B3.1 Injury safety</p> <p>Grade 7: A1.3 Positive motivation and perseverance, A1.6 Critical and creative thinking, B1.3 Motivation, B3.1 Injury safety, B3.2 Injury prevention</p> <p>Grade 8: A1.3 Positive motivation and perseverance, A1.6 Critical and creative thinking, B1.3 Motivation, B3.1 Injury safety</p>
<b>Learning Goals</b>	<ul style="list-style-type: none"> <li>Identify different reasons people choose to cycle.</li> </ul>

	<ul style="list-style-type: none"> <li>• Understand the physical, mental, and environmental benefits of cycling.</li> <li>• Work collaboratively to brainstorm and organize ideas.</li> <li>• Recognize cycling as a healthy and sustainable form of transportation.</li> </ul>
<b>Materials Needed</b>	<ul style="list-style-type: none"> <li>• <i>Why Cycle?</i> PowerPoint</li> <li>• Sticky Notes</li> <li>• Markers or pens</li> <li>• Chart paper or whiteboard</li> </ul>
<b>Instructions for Activity</b>	<ul style="list-style-type: none"> <li>• Before class, prepare the board or chart paper with four categories: Physical, mental, environmental, other. Also prepare the <i>Why Cycle?</i> PowerPoint.</li> <li>• Split class into smaller groups.</li> <li>• Instruct students to write their ideas on sticky notes.</li> <li>• Students sort the sticky notes into categories on the charting paper or board.</li> </ul>
<b>Setting the Stage</b>	<p>Begin with a short discussion about transportation and physical activity.</p> <p>Ask students:  “Why do you think people ride bicycles?”  “What are some reasons someone might choose a bike instead of a car or bus?”</p> <p>Explain that cycling can benefit our bodies, our minds, and the environment.</p>
<b>Introduction of Activity</b>	<p>Explain that students will work in small groups to brainstorm reasons why people cycle.</p> <p>Tell students:</p> <ul style="list-style-type: none"> <li>• Each group will write one idea per sticky note.</li> <li>• They should think of as many reasons as possible.</li> </ul>
<b>Core Activity</b>	<ol style="list-style-type: none"> <li>1. Divide the class into groups of 4–5 students.</li> </ol>

	<ol style="list-style-type: none"> <li>2. Each group will brainstorm reasons why people might cycle and write each idea on a separate sticky note (5–10 minutes).</li> <li>3. Groups will bring their sticky notes to the front of the room.</li> <li>4. As a class, sort the sticky notes into the categories: <ul style="list-style-type: none"> <li>• <b>Physical</b> (health, exercise, strength, fitness)</li> <li>• <b>Mental</b> (fun, stress relief, happiness)</li> <li>• <b>Environmental</b> (less pollution, cleaner air)</li> <li>• <b>Other</b> (transportation, saving money, convenience)</li> </ul> </li> <li>5. Briefly discuss the ideas that students shared (5 minutes).</li> </ol>
<p><b>Reflection and Discussion</b></p>	<p>Ask students:</p> <ul style="list-style-type: none"> <li>• “Which category had the most ideas?”</li> <li>• “What is one benefit of cycling that you didn’t think about before?”</li> <li>• “Why might cycling be good for our communities?”</li> </ul> <p>Encourage students to reflect on how cycling can benefit both individuals and the environment.</p>
<p><b>Tips for Success</b></p>	<ul style="list-style-type: none"> <li>• Encourage students to share creative ideas.</li> <li>• Remind groups to write only one idea per sticky note.</li> <li>• Help guide students if they are unsure which category their idea belongs in.</li> <li>• Use the activity as an opportunity to highlight the many positive impacts of cycling.</li> </ul>
<p><b>Contact Information</b></p>	<p>For more information or any questions, contact us here:  <a href="http://activesaferoutes.ca/contact-us/">http://activesaferoutes.ca/contact-us/</a></p>