

Cycle Roadshows 2010 (Primary & Secondary Schools)

Key Objectives:

The aims and objectives of the School cycle roadshows are to:

- Provide lesson plans to primary and secondary school children on the health benefits of cycling through a number of unique tools – cycle powered smoothie maker and virtual static road bike
- promote cycling by providing a range of relevant information to school children

Content:

Pennine Events on behalf of Blackburn with Darwen Borough Council will deliver a roadshow that is fun, pro-active, participatory and educational. The roadshow will consist of:

- Two Pennine Events Staff
- Cycle Powered Smoothie Maker branded with Blackburn with Darwen Borough Council wrap
- Virtual Bike Ride on the computrainer with a specifically written Blackburn Circuit
- Specifically designed lesson plans
- Advice and Leaflet on hand
- Free blender for each school to be used in a communal area
- Free sports vouchers for the fastest time on the computrainer
- Incentives
- Evaluation Report including a list of participants and timings on the computrainer for internal use at the schools only

Pennine Events unique Cycle-Smoothie Maker

This has proven to be an exciting way of getting children to both jump on a bike and have a healthy drink. As shown in the photo below, a smoothie is made exclusively by the pedalling action of the cyclist.

Learning Objectives - We would deliver this activity within the classroom as an interactive lesson. We explain to the children the benefits of eating fruit, the benefits of cycling, where the various fruits come from and how the energy is transferred.

We provide the fruits, consumables (e.g. cups), information handouts and recipe sheets.

The activity has been Risk Assessed (low level risk) and the operators all have a Food Hygiene level 2 Food Safety Certificate.

We would speak with the schools in advance to identify these local factors and so prepare the session detail accordingly.

Lesson Plan:

Smoothie-maker lesson plan

- Introduction – explain that this event is courtesy of Blackburn with Darwen Council to encourage cycling, health eating and healthy lifestyles.
- Explain the smoothie-maker and how it works.
- Understanding of the 5 a day
- Explain the different energy systems, especially the carbo, glucose system. (Secondary schools).
- Gain an Understanding of the calories/energy that the body needs and the differences in different drinks.
- How far would you have to cycle to burn off 250ml/ litres of coke as opposed to 250ml/l of one smoothie.
- A Quiz of the different Fruits and Vegetables and what the children have learned (in groups of 5, winners of Quiz to make smoothies for the rest). – May not be possible due to time restriction.

Quiz. For the under year 6.

- Show five different fruits and get them to name them.
- How many calories in a cup of smoothie?
- How many calories in the same cup of cola?
- How many portions of fruit and veg are good for us each day.
- How far would you need to cycle to burn up all the calories in the cup of cola?
- What should you do after you drink a smoothie to look after your teeth?

Quiz for the over 11s.

- Name five fruits, three carbohydrates and two proteins.
- How many tea spoons of sugar in one can of cola?(Ans=6).
- What happens to the left over calories that are not used as energy?
- If you were cycling at 10 miles per hour on the flat you would burn on average 130cals per hour that's the equivalent of 1 can of coke in an hour. So if you cycled for 30 mins and had drunk 3 cans how fast would you have to go to burn of all the calories. (ans=60mph).

Computrainer lesson plan

- Introduction – explain that this event is courtesy of Blackburn with Darwen Council to encourage cycling, health eating and healthy lifestyles.

Objectives/ teaching aims

- The children to gain an understanding of the importance of fitness.
- An understanding of why cycling is a good way of keeping fit.
- The different disciplines in cycle racing (Olympics etc).
- The Computrainer and how it works.
- As many as possible to have a short race on the Computrainer.

Additions for older children.

- Explain the needs and why we do a warm up, and cool down.
- Explain why it is better to stay seated and not to move about too much.
- The cardio vascular system (Building a strong heart etc)