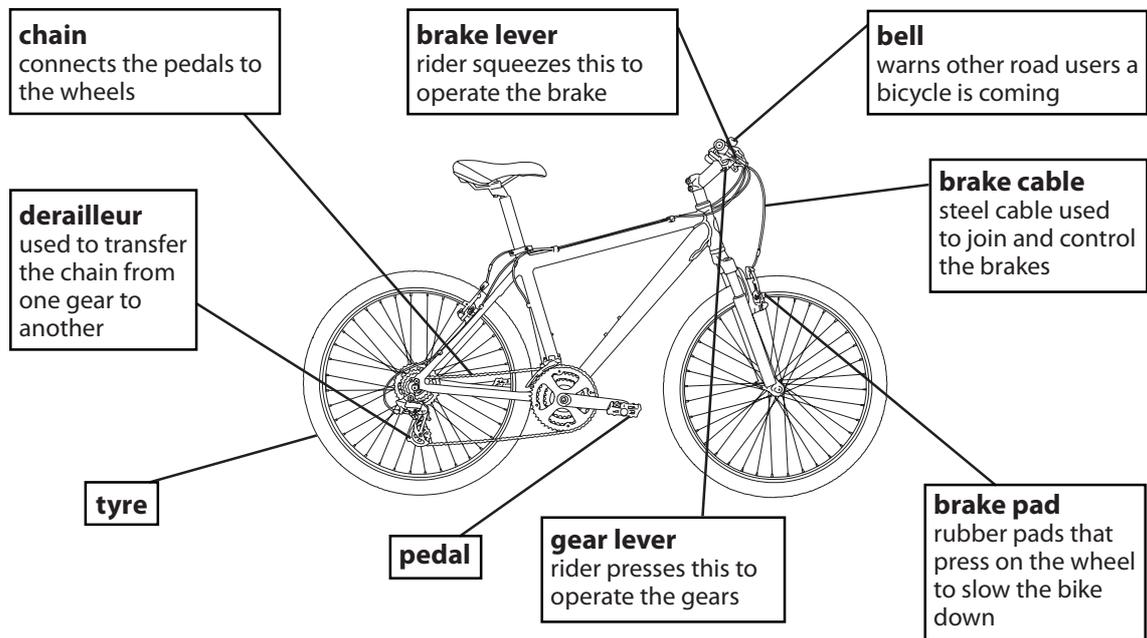


## How to ride a bicycle

Riding a bike is fantastic: the freedom to explore, going fast down hills, the wind in your hair – and it's good exercise. Here are some instructions and tips for learning how to ride your bicycle. And once you learn to ride, you never forget.



### Practice

The easiest surfaces to cycle on are concrete and tarmac but they are unforgiving if you fall. Short grass would be an acceptable alternative for anyone who feels panicky about falling, but be warned that softer surfaces, like grass, make balancing harder. Wherever you end up practising, make sure it has both flat areas and gentle slopes.

#### TOP TIP

Find a safe, large and open area for practising: away from traffic, with no tight corners or very steep slopes.

### Safety

You should check the tyre pressure, brakes, chain and bell. Avoid wearing long skirts or baggy clothing (which could become caught in the chain, brakes or gears) and flimsy or open-toed shoes.

#### TOP TIP

It's a good idea to wear a helmet in case you fall off your bike.

### Braking

While practising, it's a good idea to allow yourself a long distance over which to brake gently so that you feel you can get off, if necessary.

### Balancing

Push yourself along a flat surface with your feet and get the feel of how the bike leans and steers. Do this until you have some confidence about steering. Try pushing yourself along fast and 'gliding' with your feet up, steering only with your hands. When you are ready, try to turn gently left or right with your body and let the bike follow you. These are the key bike-riding skills: balancing and steering.

Once you can do all this with ease, you're ready for more cycling challenges.

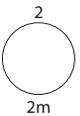
1 Draw **three** lines to show what each part of the bicycle brake does.

brake cable	used to apply the brakes
brake lever	connects different parts of the brake
brake pad	presses on the wheel to stop it moving



2 Find and copy **two** things you should avoid wearing when riding a bicycle.

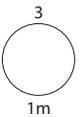
1. \_\_\_\_\_  
2. \_\_\_\_\_



3 According to the text, in which parts of a bicycle can clothes get caught?

Tick **two**.

handle bars	<input type="checkbox"/>	chain	<input type="checkbox"/>
gears	<input type="checkbox"/>	wheel rim	<input type="checkbox"/>
saddle	<input type="checkbox"/>		



4 Choose the **best** word or group of words to fit the passage and tick your choice.

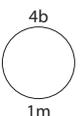
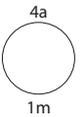
It is best to learn how to cycle

a) **in a large, open area**     **on a steep slope**     **around tight corners**     **near traffic**

and to wear

b) **a warm coat**     **baggy clothing**     **a helmet**     **open-toed shoes**

for protection.

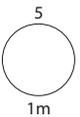


*please turn over*

5 Look at the text in the box below.

**Underline** the **phrase** that tells you that cycling keeps you fit.

Riding a bike is fantastic: the freedom to explore, going fast down hills, the wind in your hair – and it's good exercise. Here are some instructions and tips for learning how to ride your bicycle. And once you learn to ride, you never forget.



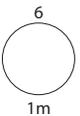
6 Number these instructions from 1 to 4 to show the order in which they should be carried out. One has been done for you.

Find a sensible place to practise.

Check your bike is in good order.  1

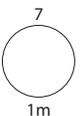
When confident, try going faster.

Practise gliding, braking, balancing.



7 Put ticks to show which statements are **true** and which are **false**.

	True	False
You should only practise riding a bike on level ground.	<input type="checkbox"/>	<input type="checkbox"/>
Balancing and steering are important skills for cycling.	<input type="checkbox"/>	<input type="checkbox"/>
The derailleur moves the chain to change gears.	<input type="checkbox"/>	<input type="checkbox"/>
It is easy to forget how to ride a bicycle.	<input type="checkbox"/>	<input type="checkbox"/>



**End of sample materials.**