

BEFORE YOU WATCH

- 1 Work in pairs. Discuss the questions.
- 1 What types of transport do you usually use? Why?
 - 2 Which type of transport do you prefer? Why?
 - 3 What do you think is the best way to get around a city? Why?
- 2 a Read the text. Label photos A–C with the names in the box.

Boneshaker Draisine Penny Farthing

Brilliant bikes!

Cycling is becoming very popular now, not just as a type of transport but also for sport and leisure. In fact, there are more than a billion bikes in the world today, half of them in China! But did you know that the first bike was invented more than 200 years ago? A German called Karl Drais invented the 'Draisine' in 1817. It was wooden and didn't have any pedals so you had to push it along with your feet! Later, in the 1860s, the 'Boneshaker' bicycle appeared. It was made of metal and weighed about 80 kilos! Another early type of bike was the 'Penny Farthing'. It had a huge front wheel and a very small back wheel, which made it quite dangerous to ride!

An important change in the design of bikes came in the 1880s with the 'safety bicycle'. Both of its wheels were the same size, which made it much safer and easier to ride. As a result, cycling became very popular, especially with women. It gave them more independence and even changed the type of clothes they wore.

Cycling soon became popular as a sport too. The first time the Olympic Games included cycling was in 1896. Today the most famous bike race in the world is the Tour de France. It lasts for three weeks and cyclists have to ride through the Alps and Pyrenees.

- b Work in pairs. Match the numbers with the explanations a–h below.

- 1 80 _____
- 2 1817 _____
- 3 1896 _____
- 4 200 _____
- 5 1860s _____
- 6 3 _____
- 7 1880s _____
- 8 one billion _____

- a the number of bikes in the world today
- b when the 'safety bicycle' was invented
- c the year Karl Drais invented the 'Draisine'
- d the first year cycling was a sport in the Olympic Games
- e the weight of the 'Boneshaker', in kilos
- f when the 'Boneshaker' was invented
- g the number of years ago that the first bicycles appeared
- h the number of weeks the Tour de France race takes



WHILE YOU WATCH

- 3 Watch the video and number photos A–E in the order you see them.



- 4 a Read the facts about cycling. Choose the correct alternatives.

- 1 Four/Fourteen times as many people cycle in London now than in 1999.
- 2 Traffic jams cost companies about £1.5 million/billion a year in lost business.
- 3 As well as being a fast form of transport, cycling is also good for the environment/inexpensive.
- 4 People sleep/work better if they cycle for 20 to 30 minutes a day.
- 5 People who cycle for 30/40 minutes a day, five days a week, take half the number of sick days off work.

- b Watch the whole video and check your answers.

- 5 a Complete the extracts from the video with the words and phrases in the box.

go straight on (x2) come to a roundabout in front of
next to the second right turn left turn right (x3)

- 1 Where am I? I'm at Roadmap Towers. It's easy to find, you _____ down the high street, _____ at the traffic lights, then _____. At the end of that road you'll _____, you'll see a big building _____ you. That's the studio.
- 2 Hello pizza. Yes, where are you? You're lost? You're where? No, no, _____, take _____, its _____ the cinema.
- 3 Hello pizza. You're still lost? Where? Where? At the police station? _____.

- b Watch the video again from 1:27–2:32 and check your answers.

AFTER YOU WATCH

- 6 Work in pairs. Discuss the questions.

- 1 Were you surprised by any of the facts about cycling in the video?
- 2 In the video Ronnie talks about the advantages of cycling. Can you think of any disadvantages?

- 7 Draw a simple map of your town, city or area and write the most important places on it. Swap maps with your partner. Ask them for directions from and to four different places on the map.