



### Student worksheet: The benefits of cycling

1. Read text A in three minutes. Find and write down important words from the text about why cycling is good for you.
2. Now read it again and try to remember as much as you can about it and tell your partner.

#### Text A

##### Do you know?

##### The benefits of cycling:

###### Help you to lose weight

Regular cycling can help you lose weight, reduce stress and improve your fitness.

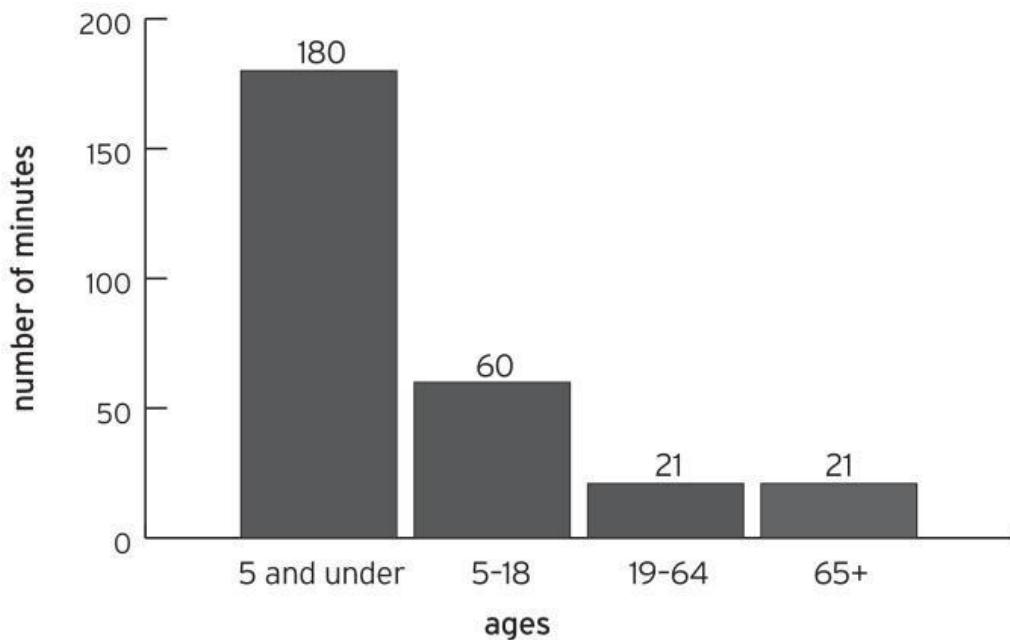
###### Make new friends

Cycling is the third most popular recreational activity in the UK. An estimated 3.1 million people ride a bicycle each month, and numbers are growing all the time.

3. Read text B in three minutes. Find some information from each of the four categories (5 and under, 5-18, 19-64, 65+) and write it down.

#### Text B

##### Recommended levels of physical activity per day



4. Read text C in five minutes. Find and write down important information about the good things about cycling.
5. Discuss what you wrote down with your partner or in a small group. Try to remember as much as you can!

### Text C

#### **The advantages of cycling**

As a form of exercise, cycling has broad appeal. Everyone, including young children, pensioners and people with disabilities can enjoy cycling if they have the right equipment.

Cycling is one of the easiest ways to fit exercise into your daily routine because it's also a form of transport. It saves you money, gets you fit and is good for the environment.

It's a low-impact type of exercise, so it's easier on your legs than running or other high-impact aerobic activities. But it still helps you get into shape.

#### **Task 3 – Reading into writing**

Your school is doing a project on the benefits of cycling. Write an essay (70-100 words) about why cycling is good for you, how to start cycling and how popular cycling is. Use the information you read in the previous exercises to:

- ▶ describe some of ways that cycling is good for you
- ▶ explain why people should start cycling **and**
- ▶ say how people can start cycling.

You should plan your essay **before** you start writing. Think about what you want to say and make some notes to help you in the box below.

It is important to organise your ideas.

You need to spend around 10 minutes writing notes in the box below.

1. Write notes on the first part of the question. Spend only three minutes on this.  
Describe some of the ways that cycling is good for you.

Planning notes

2. Now decide which are the important ideas.
3. How many ideas are good to use for around 40 words?
4. Write the first part of the essay.

## Preparation activities for ISE Foundation Reading & Writing

5. Now write notes on the second part of the question. Spend only three minutes on this. Explain why people should start cycling.

## Planning notes

6. How many ideas do you have?
7. Which ones are you going to use?
8. Now write the second part of the essay.

## Preparation activities for ISE Foundation Reading & Writing

9. Now write notes on the third part of the essay. Spend only three minutes on this. Suggest how people can start cycling.

## Planning notes

10. How many ideas do you have?
11. Which ones are you going to use?
12. Now write the third part of the essay.

## Answers: The benefits of cycling

### Model answer for task 3

Cycling is good for you in many different ways. Firstly, if you cycle, you can lose weight. Secondly, it can help you reduce the amount of stress in your daily life.

People should start cycling because it's an easy way to keep fit and save money. As a form of transport, if you want to go somewhere local, try not to take the car and cycle instead.

To get the benefits of cycling, all you need is a bike and the right equipment, for example a helmet, comfortable clothes and some bike lights for when it gets dark.