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.

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

**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.

**TOP TIP**
It’s a good idea to wear a helmet in case you fall off your bike.

**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
   - chain
   - gears
   - wheel rim
   - saddle

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

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

   and to wear

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

   for protection.

*please turn over*
Look at the text in the box below.

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

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Number these instructions from 1 to 4 to show the order in which they should be carried out.

One has been done for you.

1. Find a sensible place to practise.
2. Check your bike is in good order.
3. When confident, try going faster.
4. Practise gliding, braking, balancing.

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

<table>
<thead>
<tr>
<th></th>
<th>True</th>
<th>False</th>
</tr>
</thead>
<tbody>
<tr>
<td>You should only practise riding a bike on level ground.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Balancing and steering are important skills for cycling.</td>
<td></td>
<td></td>
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<tr>
<td>The derailleur moves the chain to change gears.</td>
<td></td>
<td></td>
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<tr>
<td>It is easy to forget how to ride a bicycle.</td>
<td></td>
<td></td>
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</tbody>
</table>

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End of sample materials.