

# Family literacy, language and numeracy

## Family learning impact funding – Wider Family Learning



<b>Course Title:</b> Wheel Skills with the Cyclenmaster		<b>Level of Learning:</b> Differentiated	<b>Length of Session:</b> 2 hours																		
<b>Course length:</b> 20 hours		<b>Start Date:</b>	<b>End Date:</b>																		
<b>Date &amp; Time:</b> 5pm -7pm	<b>Location:</b> Primary School		<b>Age range of children:</b> 9–11 years																		
<b>ECM Outcome:</b> <table> <tr> <td>Stay safe</td> <td>X<input type="checkbox"/></td> </tr> <tr> <td>Be healthy</td> <td>X<input type="checkbox"/></td> </tr> <tr> <td>Enjoy and achieve</td> <td>X<input type="checkbox"/></td> </tr> <tr> <td>Make a positive contribution</td> <td><input type="checkbox"/></td> </tr> <tr> <td>Achieve economic wellbeing</td> <td><input type="checkbox"/></td> </tr> </table>		Stay safe	X <input type="checkbox"/>	Be healthy	X <input type="checkbox"/>	Enjoy and achieve	X <input type="checkbox"/>	Make a positive contribution	<input type="checkbox"/>	Achieve economic wellbeing	<input type="checkbox"/>	<b>Curriculum Focus:</b> <table> <tr> <td>Sustainable development</td> <td><input type="checkbox"/></td> </tr> <tr> <td>(WFL) Community cohesion</td> <td><input type="checkbox"/></td> </tr> <tr> <td>Arts &amp; culture</td> <td><input type="checkbox"/></td> </tr> <tr> <td>Health and wellbeing</td> <td>X<input type="checkbox"/></td> </tr> </table>		Sustainable development	<input type="checkbox"/>	(WFL) Community cohesion	<input type="checkbox"/>	Arts & culture	<input type="checkbox"/>	Health and wellbeing	X <input type="checkbox"/>
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<b>Programme aims</b>  To promote a healthier lifestyle through cycling.  To help raise children's achievement in school by promoting learning as a family activity.  To get families to work together in identifying and solving problems.  To help families to cut cost of cycle repairs.  To look for risks of the road and plan a safe route.  To promote safe cycle routes for families to cycle together.  To support achievement and progression for adult learners.	<b>Programme outcomes:</b>  Learners will be able to: <ul style="list-style-type: none"><li>• complete a comprehensive bike check to identify and repair faults</li><li>• understand the importance of regular bike maintenance checks</li><li>• understand and apply the principles of safe cycling and road safety</li><li>• Work together to solve problems</li><li>• identify and plan safe cycle routes.</li></ul>
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### Assessment and IAG

Course to include IAG, skills and knowledge check relevant to course content and SfL screening as appropriate to individual learners using e.g. Smart Move Skills Check

<http://www.toolslibrary.co.uk/standard.htm>

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Week No.	Content	Objectives/outcomes	Resources	Assessment	Generic outcomes
1	<p>Course content and introduction</p> <p>Group ground rules</p> <p>Enrolment and paperwork</p> <p>Checking, identifying and repairing faults on bikes</p>	<p>Learners will be introduced to the course and its content through the Course Information sheet. Roles and responsibilities will be outlined and learners will be informed of the accreditation and progression opportunities the course offers. As a group learners will agree ground rules.</p> <p>Enrolment forms will be completed as part of the introduction to the programme and to Family Learning. Progression tracking within FLIF will be explained to the learners and permission forms completed.</p> <p>Learners will acquire practical information on how and when to carry out a bike check and what to look for during the process.</p> <p>Learners will have the opportunity to apply their knowledge through completing their own bike check, recording the faults found and have the opportunity to repair everyday faults under supervision.</p>	<p>Tools</p> <p>Pump</p> <p>Wipes</p> <p>Spare bike</p> <p>Pens and paper</p> <p>Course information sheet</p> <p>Enrolment forms</p> <p>Initial assessment</p>	<p>Question and answer</p> <p>Whole/small group discussion</p> <p>Initial assessment</p> <p>Completion of individual tasks</p>	<p>Develop listening skills</p> <p>Explore new ideas</p> <p>Develop skills for making decisions</p> <p>Develop an interest in learning for self and family</p>

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Week No.	Content	Objectives/outcomes	Resources	Assessment	Generic outcomes
2	How to repair a puncture in a bike wheel  Introduction to cycle safety	Learners will acquire the skills and knowledge to effectively repair a puncture in a bike wheel.  Learners will understand the importance of cycle safety including how to ensure that they can be seen in the dark, how to choose the correct cycle helmet and how to carry items so that they do not cause a hazard to themselves or others.	Tools  Pump  Wipes  Spare bike  Wheels  Puncture kit  Tyre levers  Pens and paper  ILPs	Question and answer  Completion of practical tasks  Whole/small group discussion	Develop listening skills  Explore new ideas  Develop skills for making decisions  Develop an interest in learning for self and family

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Week No.	Content	Objectives/outcomes	Resources	Assessment	Generic outcomes
3	<p>Basic bike riding skills</p> <p>Identifying parts of a bike</p> <p>Choosing a bike</p>	<p>Learners will be introduced to basic bike riding skills including how to get on and off a bike safely, pedal starting positions, manoeuvres, safe cycle routes and parking and securing a bike so that it does not cause a hazard to others.</p> <p>Learners will become familiar with and be able to name the main operational parts of a bike.</p> <p>Learners will be able to identify the key features to consider when purchasing a bike for themselves or for a member of their family.</p> <p>Learners will have the opportunity to review personal learning targets.</p>	<p>Tools</p> <p>Pump</p> <p>Wipes</p> <p>Spare bike</p> <p>Handouts</p> <p>Cones</p> <p>Activity sheet to identify the main operational parts of a bike.</p> <p>Handout – What bike size?</p> <p>ILPs</p>	<p>Question and answer</p> <p>Whole/small group discussion</p> <p>Completion of individual activities</p>	<p>Develop listening skills</p> <p>Explore new ideas</p> <p>Develop skills for making decisions</p> <p>Develop an interest in learning for self and family</p> <p>Develop skills for making choices</p> <p>Build confidence and self esteem</p>

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Week No.	Content	Objectives/outcomes	Resources	Assessment	Generic outcomes
4	<p>Checking and repairing brakes</p> <p>Bike riding skills</p>	<p>Learners will gain a detailed understanding on the braking mechanism of a bike including how to adjust brakes and to fit a new brake cable as the need arises.</p> <p>Learners will further develop safe riding skills and bike control through practical exercises.</p> <p>Learners will have the opportunity to review personal learning targets.</p>	<p>Tools</p> <p>Pump</p> <p>Wipes</p> <p>Spare bike</p> <p>Brake cable</p> <p>Dodge cones</p> <p>Game – Signs and symbols to support road safety and safe riding</p> <p>ILPs</p>	<p>Question and answer</p> <p>Whole/small group discussion</p> <p>Completion of individual activities</p>	<p>Develop listening skills</p> <p>Explore new ideas</p> <p>Develop skills for making decisions</p> <p>Develop an interest in learning for self and family</p> <p>Develop skills for making choices</p> <p>Build confidence and self esteem</p>

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Week No.	Content	Objectives/outcomes	Resources	Assessment	Generic outcomes
5	Cleaning and lubrication of bike parts  Bike riding skills	<p>Learners will recognise and appreciate the importance of regular bike maintenance including the effective cleaning and lubrication of bike parts.</p> <p>Learners will become familiar with and be able to name the correct tools to use when carrying out bike maintenance tasks.</p> <p>Learners will further develop safe riding skills and bike control through practical exercises.</p> <p>Learners will have the opportunity to review personal learning targets.</p>	<p>Tools</p> <p>Pump</p> <p>Wipes</p> <p>Spare bike</p> <p>Brake cable</p> <p>Word search</p> <p>Dodge cones</p> <p>Handout – Be safe, be seen</p> <p>ILPs</p>	<p>Question and answer</p> <p>Whole/small group discussion</p> <p>Completion of individual activities</p>	<p>Develop listening skills</p> <p>Explore new ideas</p> <p>Develop skills for making decisions</p> <p>Develop an interest in learning for self and family</p> <p>Develop skills for working in a group</p> <p>Build confidence and self esteem</p>

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Week No.	Content	Objectives/outcomes	Resources	Assessment	Generic outcomes
6	Safe bike riding including starting and stopping and signalling	<p>Learners will develop a detailed understanding of the principles of safe cycling on the open road including carrying out a pre journey check, choosing safe starting and stopping positions, an awareness of the surrounding environment through looking and checking and the importance of signalling safely and correctly.</p> <p>Learners will have the opportunity to review personal learning targets.</p>	<p>Tools</p> <p>Pump</p> <p>Wipes</p> <p>Spare bike</p> <p>Paper</p> <p>Handouts – Know the rules and planning safe cycle routes</p> <p>ILPs</p>	<p>Question and answer</p> <p>Whole/small group discussion</p> <p>Completion of individual activities</p>	<p>Develop listening skills</p> <p>Explore new ideas</p> <p>Develop skills for making decisions</p> <p>Develop an interest in learning for self and family</p> <p>Develop skills for working in a group</p> <p>Build confidence and self esteem</p>



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7	Dealing with emergency situations	<p>Learners will be introduced to dealing with emergency situations should they arise through being able to stop suddenly using the emergency stop, swerve safely and use the gears effectively to control the situation.</p> <p>Learners will gain an understanding of the gear mechanism on a bike and how it operates.</p> <p>Learners will recognise and appreciate the importance of being aware of the environment around them when cycling and the need to anticipate possible hazards.</p> <p>Learners will have the opportunity to review personal learning targets.</p>	<p>Tools</p> <p>Pump</p> <p>Wipes</p> <p>Spare bike</p> <p>Wheels</p> <p>Puncture kit</p> <p>Tyre levers</p> <p>Pens and paper</p> <p>Road safety game</p> <p>ILPs</p>	<p>Question and answer</p> <p>Whole/small group discussion</p> <p>Completion of individual activities</p>	<p>Develop listening skills</p> <p>Explore new ideas</p> <p>Develop skills for making decisions</p> <p>Develop an interest in learning for self and family</p> <p>Develop skills for working in a group</p> <p>Build confidence and self esteem</p>

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Week No.	Content	Objectives/outcomes	Resources	Assessment	Generic outcomes
8	Road safety	<p>Learners will gain a detailed understanding of road safety principles including how to cross the road safely to avoid injury or accidents.</p> <p>Learners will be able to apply the knowledge and skills gained to everyday situations.</p> <p>Learners will have the opportunity to review personal learning targets.</p>	<p>Tools</p> <p>Pump</p> <p>Wipes</p> <p>Spare bike</p> <p>Paper and pens</p> <p>Road safety quiz sheets</p> <p>ILPs</p>	<p>Question and answer</p> <p>Whole/small group discussion</p> <p>Completion of individual activities</p>	<p>Develop listening skills</p> <p>Explore new ideas</p> <p>Develop skills for making decisions</p> <p>Develop an interest in learning for self and family</p> <p>Develop skills for working in a group</p> <p>Build confidence and self esteem</p>

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Week No.	Content	Objectives/outcomes	Resources	Assessment	Generic outcomes
9	Group bike ride	<p>Learners will be able to apply the skills and knowledge gained through participating in a group cycle ride following a designated route.</p> <p>Learners will have the opportunity to review personal learning targets.</p>	<p>Tools</p> <p>Pump</p> <p>Wipes</p> <p>Spare bike</p> <p>Brake cable</p> <p>ILPs</p>	<p>Question and answer</p> <p>Whole/small group discussion</p> <p>Completion of individual activities</p>	<p>Develop listening skills</p> <p>Develop skills for making decisions</p> <p>Develop an interest in learning for self and family</p> <p>Develop skills for working in a group</p> <p>Build confidence and self esteem</p>
10	Progressing with bike riding	<p>Tutor and learners evaluate the programme through the completion of evaluation and feedback forms.</p> <p>Through provision of information, advice and guidance learners will gain an understanding of the progression routes available to them to continue their learning and achievement.</p> <p>Learners will be introduced to further local cycle routes and walk ways to use with their children.</p>	Evaluation/feedback forms	<p>Question and answer</p> <p>Whole/small group discussion</p> <p>Completion of individual activities</p>	<p>Widen aspirations for self and family</p> <p>Gain information, advice and guidance about progression opportunities and the world of work</p> <p>Build confidence and self esteem</p>

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CYCLEMASTER



CYCLING 4 LIFE

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