Fun book
Can you find all the cycling related words in the wordsearch below?

- saddle
- reflective
- cycling
- path
- bicycle
- safety
- brakes
- lights
- pedals
- pump
- helmet
- wheels

Here’s a drawing of a bicycle. Can you label all of the parts?
Here are some examples of the signs you may see when out cycling on the roads or paths. Can you match the sign to the correct meaning?

- No cycling
- No entry for all vehicles (including pedal cycles)
- No motor vehicles (cycling permitted)
- On-road cycle lane
- No left turn
- School
- Route for cyclists only
- Give way
- Route shared with pedestrians

Wearing a helmet is very important when cycling. It’s not just cyclists who need to wear one. Can you match the right job/sport to the right helmet?

- Police officer
- Firefighter
- Builder
- Cyclist
- Horse rider
- Motorcyclist
- Cricketer
- Mountaineer
- Ice hockey player
- Skier
Finding your way around can be difficult. Can you help this cyclist find her way home from school?

There are 10 differences between the first and second cyclist. Can you circle them all?
How good is your cycling knowledge? Here’s a quiz to put it to the test.

Circle the correct answer.

Here is a list of the top 10 cycling tips to help you when you’re out on your bike.

1. Always wear a helmet.
2. Make sure you have lights at the front and rear of your bike.
3. Wear high visibility or bright clothing.
4. Tell someone where you are going.
5. Plan your route to ensure you can use cycle lanes or quiet roads where possible.
7. Make sure you can see and hear properly.
8. Do not wear headphones whilst cycling.
9. Do not use a mobile phone whilst cycling.
10. Ensure you look after your bike; especially the brakes, tyres and gears.

1. What colour is the colour of the winning jersey in the Tour de France?
   - Red
   - Green
   - Yellow

2. Which of these is not the name of a bicycle?
   - Boneshaker
   - Penny farthing
   - Nerve jangler

3. What do you call a bicycle with one wheel?
   - Monobike
   - Unicycle
   - Onebike

4. How many wheels does a tricycle have?
   - Ten
   - Three
   - Two

5. What is the name of the arena for track cycling?
   - Bikestad
   - Cycle hub
   - Velodrome

6. What is the colour of the bike light at the rear of the bicycle?
   - Orange
   - Red
   - White

7. What colour clothing should cyclists wear?
   - Dull, dark clothing
   - Patterned clothing
   - Bright, coloured clothing

8. When should cyclists wear a helmet?
   - All the time
   - Whilst riding at night
   - Whilst cycling in the rain
1. What colour is the colour of the winning jersey in the Tour de France? **Yellow**

2. Which of these is not the name of a bicycle? **Nerve jangler**

3. What do you call a bicycle with one wheel? **Unicycle**

4. How many wheels does a tricycle have? **Three**

5. What is the name of the arena for track cycling? **Velodrome**

6. What is the colour of the bike light at the rear of the bicycle? **Red**

7. What colour clothing should cyclists wear? **Bright, coloured clothing**

8. When should cyclists wear a helmet? **All the time**
What is the Cycle-Smart Foundation?

The Cycle-Smart Foundation is a registered charity that is committed to reducing the number of children who are killed and seriously injured in cycling accidents in the UK, by promoting a range of safer cycling measures including wearing a cycle helmet and high visibility clothing, using cycle paths and lanes, bicycle maintenance, cycle training and the use of bike lights.

Cycling is great for your health and the environment. It’s also a lot of fun but just remember to stay as safe as you can.

The Cycle-Smart Foundation (Registered Charity Number: 1069476)
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What to do next?

To find out more information about safe cycling:

- Visit the Cycle-Smart Foundation website: [www.cycle-smartfoundation.org](http://www.cycle-smartfoundation.org)
- Contact your local Road Safety team or local council for details on Bikeability courses or visit [www.bikeability.org.uk](http://www.bikeability.org.uk)
- Visit the Department of Transport website: [www.talesoftheroad.direct.gov.uk/cycling-safety.php](http://www.talesoftheroad.direct.gov.uk/cycling-safety.php) for safer cycling tips and games.

Most importantly enjoy cycling and stay safe!