



The Bicycle

Citizenship

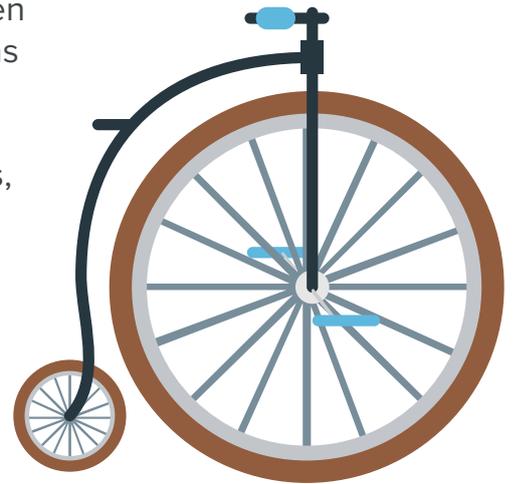
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The very first bicycle was invented in 1817 in Germany when someone was trying to think of a replacement for horses as transport. However, the bicycle didn't become popular until a French design known as the 'bone-shaker'. It had a metal frame and could be mass-produced, but despite this, the **craze** for these 'velocipedes' didn't last long. The only place where bicycles remained in fashion was the UK. The bicycle went through many designs, from the penny-farthing to tricycles, until it became the classic bicycle as we know it today. Nowadays, you can also find handcycles which are suitable for people who have reduced leg mobility or strength, and recumbent bicycles where the rider lies back to reduce **strain** on their back, legs and hip joints. In the last few years, we've seen a 'bike boom' as more and more people have begun to recognise the many benefits of bikes. As well as being excellent for exercise, bicycles don't release harmful carbon emissions into the environment, unlike some other modes of transport. Many cities, including London, have now set up public **bicycle rental stations**, so more people can make the healthier choice to cycle to school or work.



Match the words or phrases from the text with a definition:

bone-shaker

craze

velocipede

strain

bike boom

bicycle rental station

an old-fashioned word meaning 'bicycle'

a place where you can borrow a bicycle for a short time

a time when bicycles are very popular

a trend or fashion

a feeling of discomfort or pain

a type of bicycle which is uncomfortable to ride

Read the text again and answer the questions:

- 1 When was the first bicycle invented?
- 2 What were 'bone-shakers' made of?
- 3 Which type of bicycle might be suitable for someone who uses a wheelchair?
- 4 Have bikes become more or less popular in the last few years?
- 5 Give two advantages of riding a bicycle.
- 6 How can people make a healthier decision about the way they travel to school?



Discuss with a friend, teacher, or your class

What do you like or dislike about riding a bike?

What do you need to be careful about when cycling?

How could the government encourage more people to cycle to school or work?



Challenge!

Plan an adventurous bike journey. Think about where you would go, what you need to take with you, how long it would take and how far you would travel.

