

# UNIT 6

# CYCLING



## UNIT 6: CYCLING-INTRODUCTION

### Task 2 – Cycling survey

Write three more questions to complete the table. Then interview six of your classmates.

<b>Names:</b>						
Do you like cycling?						
How often do you ride a bike?						

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### Task 3 – Cycling statements: Do you agree or disagree?

Read these statements about cycling. Do you agree or disagree? Try to explain your reasons.

- Cycle helmets should be compulsory.
- All towns and cities should have cycle paths.
- Car drivers should be encouraged to start cycling.
- Cyclists are really annoying for car drivers!
- Cyclists should have to pass an exam before they use the roads.
- Cars should be banned!
- Bicycles should be banned!
- Bicycles should be cheaper or even free.

## Task 4 – Pedal Power: Reading

Read the text on cycling in the UK and put the paragraph headings in the correct place.

- a) Cycle friendly cities
- b) Getting the look
- c) On your bike
- d) New bike technology

### Pedal Power

1)

More people in the UK are taking to their bikes – partly to do with a fear of public transport after various terrorist attacks, but also because we are being encouraged to lead healthier lifestyles.

2)

Cycling England is a new government-funded body charged with promoting cycling across the country. It is investing £17 million into a group of English 'demonstration towns' - Aylesbury, Brighton, Darlington, Derby, Exeter and Lancaster - to create a cycle-friendly environment, offer safety training and generally encourage residents to take up cycling. Cycling England is also hoping to encourage more children to cycle to school to improve their fitness; £15 million will be spent on linking schools with existing bike lanes and training children in cycling

proficiency.

3)

Deciding to buy a bike opens up a whole new exciting world of cycling technology. Sir Clive Sinclair, inventor of the pocket calculator and the ill-fated C5 road buggy, has just launched the A-bike. Called the A-bike due to the shape of its frame, it is half the weight of existing fold-up bikes and half the price (£199). The bike was launched in London and tested by a class of 11-13 year olds who said it was 'lightweight and cool' and 'better than my BMX', although it is apparently difficult to control. There is also the electric bike for when those hills get too much. It does sound like cheating, although you can turn the throttle off when you fancy some exercise – not sure how many people would though... As Ian, 28, from Cheshire says, 'There seems to be an endless stream of new bikes coming out, ranging from new hybrids of current bikes, e.g. jump bikes, through to the second coming of retro classic bikes such as the chopper and the American cruiser.'

4)

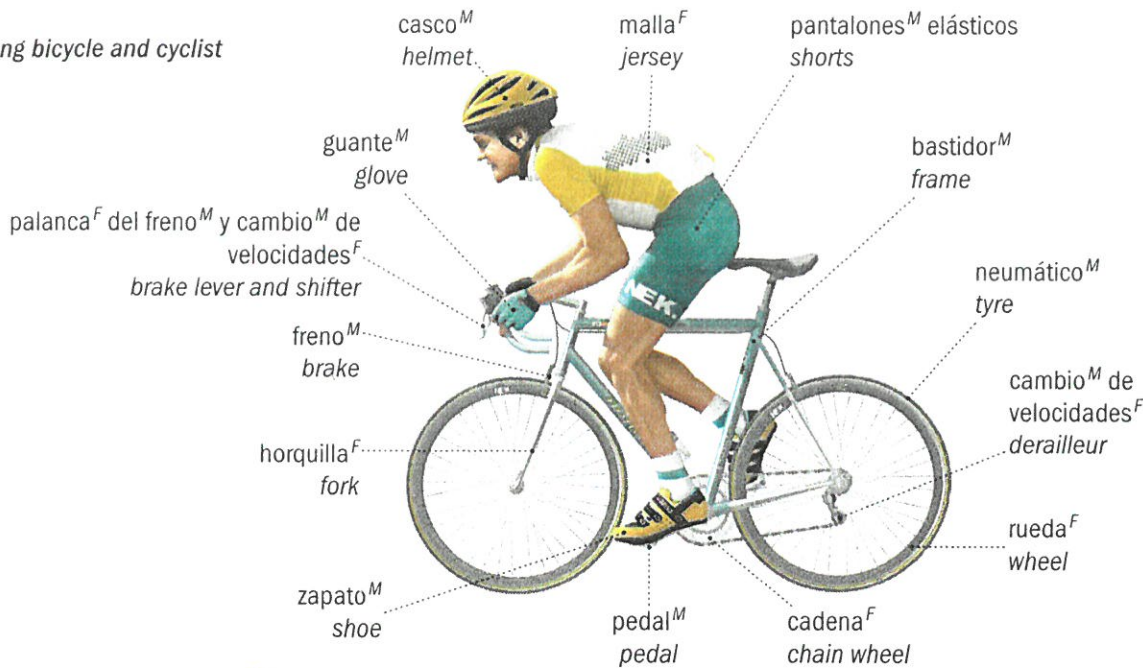
People customise their bikes as well - from flags on choppers to spray painting, shiny wheels and even speakers! The Guardian newspaper even offers tips for the female fashion conscious cyclist: you don't have to wear cycling shorts with a pointy helmet. Rounded helmets are better and apparently, 'this is a lucky summer for cyclists' with the winner being culottes - 'these ride like a trouser but walk like a skirt'.

So looks like it's time to get on your bike!

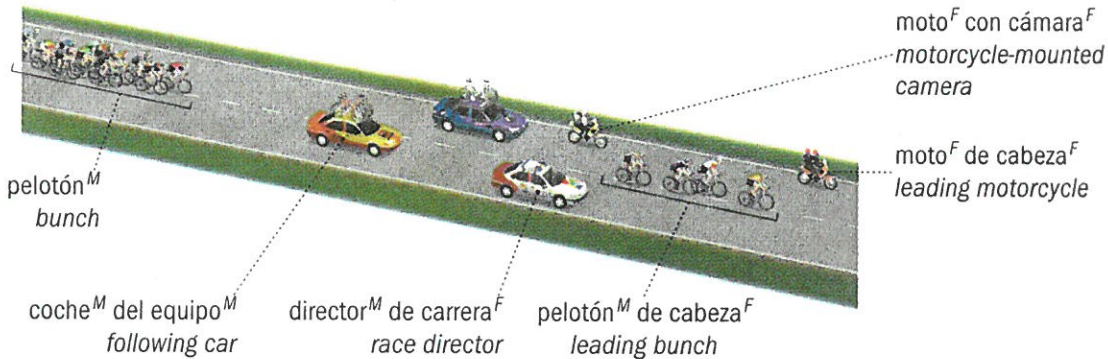
# ciclismo<sup>M</sup> en carretera<sup>F</sup>

road racing

bicicleta<sup>F</sup> de carreras<sup>F</sup> y ciclista<sup>M</sup>  
road-racing bicycle and cyclist



competición<sup>F</sup> de ciclismo<sup>M</sup> en carretera<sup>F</sup>  
road cycling competition



# ciclismo<sup>M</sup> de montaña<sup>F</sup>

mountain biking

bicicleta<sup>F</sup> de cross<sup>M</sup> y ciclista<sup>M</sup>  
cross-country bicycle and cyclist



bicicleta<sup>F</sup> de descenso<sup>M</sup> y ciclista<sup>F</sup>  
downhill bicycle and cyclist







bib



chamois / padded shorts

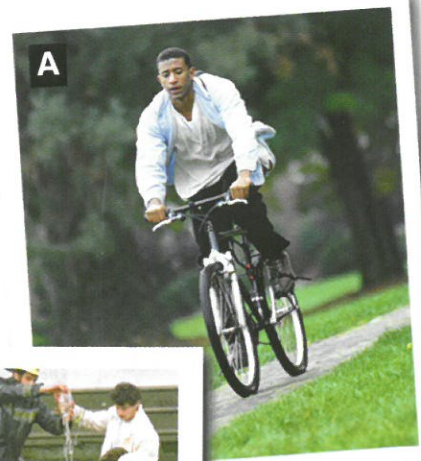


jersey



flat tyre/tire

# Do's and Don'ts



A

1 Which picture shows?

- 1 a pedestrian crossing? .....
- 2 a path? .....
- 3 an accident? .....
- 4 a traffic sign? .....
- 5 a pavement? .....



B



2 Read the leaflet and answer the questions.

C



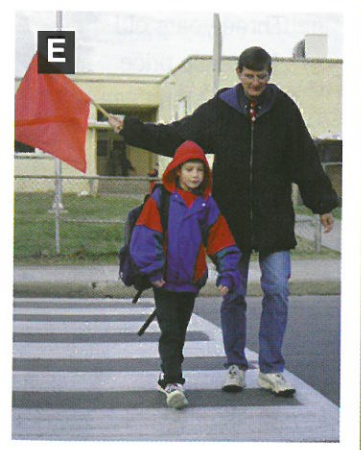
## The Rules of the Road



- Check your bicycle regularly. If you **check the** lights, brakes and **tyres**, you will be safer.
- Always **wear light-coloured clothes** at night. If you wear dark clothes, drivers can't see you.
- Always **wear a helmet** when you ride your bicycle. If you wear a helmet, you won't **hurt your head** in case of an accident.
- Never carry anything on the handlebars. If you have bags on the handlebars, you can't **ride your bicycle** properly.
- Make sure you **give a clear hand signal** when you want to turn left or right. If you signal, car drivers will know where you are going.
- Do not ride your bicycle on the pavement. If you ride on the pavement, you will cause problems for pedestrians.



D



E

- 1 What must you check on your bicycle? Why?
- 2 What kind of clothes must you wear at night? Why?
- 3 What must you wear on your head? Why?
- 4 Why mustn't you carry bags on the handlebars?
- 5 What must you do if you want to turn left or right? Why?
- 6 Where mustn't you ride your bicycle? Why?



3a Read the text of Ex. 2 again and label the pictures with the expressions in bold.



1 .....

2 .....



3 .....

4 .....



5 .....

6 .....

b Fill in: wear a helmet, hurt your head, give a clear hand signal, wear light-coloured clothes, ride a bicycle, check the lights

...Check the lights..., otherwise you won't be able to see when you ride at night.

Wear a helmet or you'll .....

..... so that drivers can see you at night.

Always ..... when you want to turn.

Some people find it easy to learn to .....

Motorcyclists must always .....

4 Match the words to their meaning.

- |            |   |                               |
|------------|---|-------------------------------|
| regularly  | → | a make sure sth works/is okay |
| hurt       | → | b sign                        |
| check      | → | c often                       |
| properly   | → | d cause pain to sth/sb        |
| signal     | → | e correctly                   |
| pedestrian | → | f sb walking near a road      |

STUDY TIP

We use **must** and **mustn't** to talk about rules or warnings.

**Must** means that someone is obliged to do something.  
e.g. You **must** check the brakes.

**Mustn't** means that someone isn't allowed to do something; it's against the rules.  
e.g. You **mustn't** ride your bicycle on the pavement. (It isn't allowed)

We use **imperative** or **no+noun/-ing form** for written notices describing warnings.

e.g. **Keep door closed.** **Please do not litter.**  
**No entry.** **No smoking.**

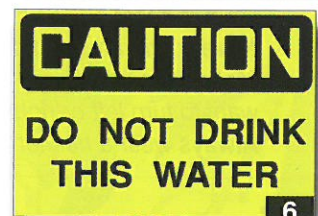
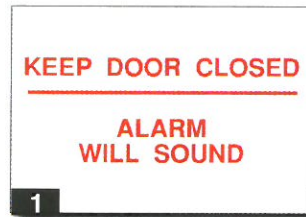
5 Look at the notices below and make dialogues using *must* or *mustn't*, as in the example. Where can you see such notices?

e.g. A: What does this sign mean?

B: It means you must keep the door closed.

A: Where can you see such a sign?

B: In a bank.



**6** Match the signs to their meanings, then say what each sign means using **must** or **mustn't**.

a) stop, b) be careful of wild animals, c) be careful of school children, d) no parking, e) turn left, f) drive slowly, g) turn right, h) be careful of pedestrians, i) be careful of road workers



1 .....c.....



2 .....



3 .....



4 .....



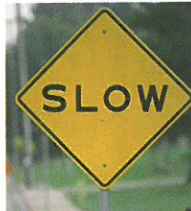
5 .....



6 .....



7 .....



8 .....



9 .....

### STUDY TIP

When we write leaflets giving rules or warnings, we use the **imperative**, as well as **never**, **always** or **make sure**.  
e.g. **Check** your bicycle regularly.

**Do not carry** anything on the handlebars.

**Never** carry anything on the handlebars.

**Make sure** you give a clear hand signal when you want to turn left or right.

**Always** wear a helmet when you ride your bicycle.

**7** Rewrite the sentences in the form of written rules. Use **the imperative**, as well as **always**, **never** or **make sure**. Where would you read these rules?

- You must sound the alarm if you smell smoke.  
**Sound** the alarm if you smell smoke.  
**Always sound** the alarm if you smell smoke.

- You must find out where the emergency exits are.

- You mustn't return to collect your belongings.

- You mustn't leave cigarettes burning.

- You mustn't run in the corridor.

- You mustn't use the lift.

- You must close doors behind you.

- You mustn't leave bags or parcels on the stairs.

### STUDY TIP

#### Expressing future possibility

We use **if + present simple** → **will**, **can**, **may/might/could** + **bare infinitive** to express something which is true or likely to happen in the present or future.

e.g. *If you have lights on your bicycle, car drivers **will** see you. (99% possible)*

*If you don't drive carefully, you **can** cause problems to other drivers. (80% possible)*

*If you drive too fast, you **may/might/could** have an accident. (40% possible)*

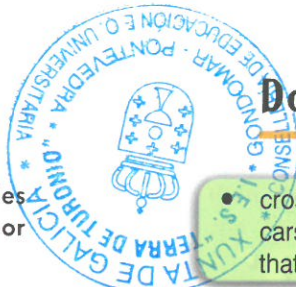
**8** Match the hypotheses with the results then make sentences as in the example using **can**, **will**, **could**, **may**, **might**.

e.g. *If you wear a seatbelt, you will be safer in an accident.*

#### HYPOTHESES

#### RESULTS

- |   |   |  |
|---|---|--|
| 1 wear a seatbelt                         | } | A car drivers know where you are going |
| 2 brakes not work properly                |   | B not pass your driving test           |
| 3 give clear signals                      |   | C be safer in an accident              |
| 4 look both ways before crossing the road |   | D car hit you                          |
| 5 play in the road                        |   | E not be able to stop                  |
| 6 not learn what the traffic signs mean   |   | F see any traffic that is coming       |



# Do's and Don'ts



**9** Correct the mistakes. Which of these rules refer to a) pedestrians, b) motorcyclists or c) both?

- 1 You always wear a helmet when you are riding a motorbike.
- 2 Don't never play in the road.
- 3 You make sure to learn what the traffic signs mean.
- 4 Not ride a motorbike if you are under 17.
- 5 To make sure you stop at traffic lights if they are red.
- 6 Always you look both ways carefully before you cross the road.

• cross / road / between / parked cars - you not see any traffic that is coming



• cross / road / at pedestrian crossing - you get across the road safely

## WRITING

**TIP**

When we write leaflets giving rules, regulations, instructions etc. we write each rule separately. We use the imperative as well as expressions such as **always, never, make sure**, etc.

We sometimes give a reason why we should do what the rule says. To do so, we use 1st type if -clauses.

e.g. *Never carry more than one passenger. **If you carry more passengers, the police may stop you.***

**11** First match the hypotheses to the results, then say which picture matches each regulation. Finally, join the sentences using **if**.  
e.g. *If you stop to help you may save someone's life.*

HYPOTHESES	RESULTS
a stop to help	1 the injured can be taken to hospital
b move anybody in the car	2 may save someone's life
c call for an ambulance	3 can seriously injure the trapped person
d warn other drivers	4 keep them warm
e cover the injured with a blanket or coat	5 may prevent another accident

**10** Look at the pictures and the prompts. Then write a safety leaflet for pedestrians, as in the example. Give reasons.

### SAFETY RULES FOR PEDESTRIANS

e.g. *Never play in the road. If you play in the road, a car may/might run you over.*

• play / in the road - car run you over

• run / in / road- you fall and hurt yourself

• walk / the pavement - you not cause problems to car drivers



**12** Use the pictures from the Photo File section to write a safety leaflet about what you must do if you see an accident. Use the *imperative* as well as expressions such as: *always, never or make sure.*

<p><b>1. Meet our flat tire kit!</b></p>  <p>Levers</p> <p>Pump</p> <p>Patch Kit</p>	<p><b>2. Remove your wheel.</b></p> <p>Flip up the quick release handle and spin it counter-clockwise to loosen.</p>  <p>No quick release? Use a wrench to loosen the bolt (usually 15mm).</p>  <p>You may have to loosen your brakes to get the wheel off.</p>	<p><b>3. Let any air out of the tube.</b></p>  <p>If your valve looks like this, it's a <b>Schrader valve</b>. Push the little bit inside to let the air out.</p>  <p>If your valve looks like this, it's a <b>Presta valve</b>. Unscrew the top part, then press it down to let the air out.</p>	<p><b>4. Bike wheel cross-section:</b></p>  <p>Tire</p> <p>Tube</p> <p>Rim</p> <p>Tire bead</p>
<p><b>5. Stick the lever between the tire and the rim.</b></p>  <p>Hook the lever under the tire bead closest to you. Try not to pinch the tube with the levers.</p>	<p><b>6. Push lever handle down.</b></p>  <p>Your tire might be on there pretty tight! Use leverage between the lever and the rim.</p>	<p><b>7. Hook lever around spoke.</b></p>  <p>That will hold it in place while you insert a second lever and repeat steps 6 and 7.</p>	<p><b>8. Push the two levers apart.</b></p>  <p>Work the levers around the rim until you've completely removed the tire from one side of the rim.</p>
<p><b>9. Pull the tube out from under the tire.</b></p> 	<p><b>10. Pump up the tube like a balloon.</b></p>  <p>Press the nozzle onto the valve, then flip the lever up. If the pump has two holes, use the smaller for Presta, and the larger for Schrader.</p>	<p><b>11. Listen &amp; feel for air coming from the puncture.</b></p>  <p>You can draw a circle around it to keep track of where it is.</p>	<p><b>12. Sand the area, apply glue.</b></p>  <p>Sand the area around the puncture. Apply a <b>thin</b> layer of glue around the puncture (larger than the size of the patch) and let it dry completely.</p>
<p><b>13. Apply the patch.</b></p>  <p>While you're waiting for the glue to dry, check your tire and rim for glass, nails, sharp points etc. Push the patch onto the tube, especially around the edges.</p>	<p><b>14. Push the valve through the hole in the rim.</b></p>  <p>Yes No</p> <p>It helps to have <i>just</i> enough air in the tube so it will hold a circular shape, but no more than that. Place the valve at a 90° angle to the rim.</p>	<p><b>15. Push tube back under tire.</b></p>  <p>Try to seat the tube on the rim, the way it was before you took it out.</p>	<p><b>16. Roll tire back onto rim.</b></p>  <p>Use the heel of your hand to work the tire back on the rim, starting at the valve. If you use levers for this, careful not to puncture the tube!</p>
<p><b>17. Check that the tube isn't poking out of the tire.</b></p>  <p>Yes No</p> <p>Before you fully inflate the tube, work all the way around the wheel, pushing the tire away from the edge of the rim, checking that the tube isn't poking out from the tire at all.</p>	<p><b>18. Inflate your tube.</b></p>  <p>Inflate your tube all the way. The side of your tire should say what the maximum pressure is, but if it doesn't 60 PSI is a safe bet.</p>	<p><b>19. Ride away triumphant!</b></p>  <p>You did it! Great job!</p>	