

# C.O.W.

*Cycle On Weekdays*



*C.O.W.* means *Cycle On Weekdays*. Now I will tell you what to wear when you're cycling- a helmet, kneepads and elbow pads. You should really try to cycle to school because it is good for you. Only cycle when your mam and dad are with you. Don't forget to look right and left. Watch out for other people in front of you.

P.S. Have fun *C.O.W.*ing!

By Sophia Wyer



**C.O.W.**

**Cycle on Weekdays**

Cycling is really fun but remember that you have to be safe. Always wear a helmet because if you fall the helmet will protect you. Kneepads and elbow pads will protect your arms and legs. Cycling is very healthy and will make you fit.

By Luca Milne



## C.O.W.

C.O.W. means cycle on weekdays. We should cycle more because it makes the muscles in our legs stronger and keeps us fit. If you are not sure about cycling then please listen to my poem!

Cycling is cool

And you can be too!

So don't delay, cycle to school!

Wear your helmet so you don't get hurt

And also be on curb alert!

By Aoife Dardis

# Cycle Safety

Our class learned a lot about cycle safety at the start of the year. Our instructor was named Barbra and she taught us how to ride our bikes in a safer way.



First we cycled from one end of the little yard to the other. Then she made a big square with cones and we would cycle around it. We also played 'follow the leader'. Then she made a place to cycle around. We did this for a few weeks.



At the end of the few weeks we watched a DVD about cycle safety. We learned about how dangerous trucks are and how you should never cycle behind parked cars. We also learned that you should never cycle out of your house if the ground isn't safe. At the end of the DVD everyone got a certificate. I think it was really cool! Don't forget your helmet!

By Harry Bailey

4<sup>th</sup> class