



# Mountain Biking

learnlink™

## About the activity

Our Mountain Biking sessions are carefully tailored to your pupils' current levels of skill on a bike, their age and previous experience. We make sure they are challenged, while remaining safe. We have routes both on and off-site which will push your students to the edge of their comfort zone – while they improve their bike control, balance and technique.

## Activity aims

### The aim of this activity is to:

- Allow guests the experience of cycling off road over obstacles, changing ground conditions & on a variety of slope gradients.
- Increase cycling proficiency including correct use of brakes, gears & riding position over changing terrain.
- Encourage participants to consider the importance of pre-ride safety checks on this session and at home.
- Ensure participants work together supporting and encouraging each other.
- Provide an opportunity for participants to discuss what they have accomplished & assess their experience.

## Progression opportunities

### Some participants may also:

- Improve their cycling ability steadily through the session.
- Tackle increasingly more difficult obstacles as the session progresses.
- Be able to assess risks and understand how these may be controlled.

### In addition, participants should also have developed in the following:

- Interpersonal communication
- Teamwork
- Cycling confidence
- Some fitness advantages

## Learning outcomes

### Upon completion of the activity, participants will have:

- Demonstrated the ability to listen to, understand and act on safety instructions received.
- Understood how to check a bike is safe to ride & the correct use of gears & brakes.
- An understanding of associated hazards with off road cycling.
- Effectively worked as a team supporting their peers throughout the activity.
- Contributed to a post activity review led by the instructor, identifying their experiences & recognising their achievements.

## Associated vocabulary

### Words relevant to safety

e.g. cycling position, speed, overtaking, hand signals, appropriate clothing, pedal position.

### Words relevant to equipment

e.g. brakes, gears, saddle, pedals, quick release, tyre pressure, chain, helmet.

### Words relevant to the activity

e.g. off road, cross country, downhill, uphill, balance.

### Words relevant to teamwork

e.g. achievement, communication, encouragement, listening, participation, review.