



# Quad Biking

learnlink™

## About the activity

For the vast majority of children, riding our quad bikes is the first time they will have had control of a motorised vehicle. They learn how to steer, accelerate and brake, and to negotiate the twists and turns of our purpose-built quad tracks. Once they've mastered the basics, it's up to them whether to take it slowly and carefully or challenge themselves to go a little bit faster!

## Activity aims

**The aim of this activity is to:**

- Have fun.
- Show and develop co-ordination and control operating a quad bike.
- Become confident and competent riding a quad bike.
- Learn the basic level of vehicle safety.

## Progression opportunities

**Some participants may also:**

- Quad bike maintenance.
- Learn about body position on a quad bike.

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

- Coordination whilst riding a quad bike
- Decision-making skills

## Learning outcomes

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

- Demonstrated the ability to listen to, understand and act on instructions received.
- Learnt how to put on the appropriate PPE in order to ride a quad bike.
- Learnt how to ride a single speed quad bike forwards, turning left and stopping in a controlled manor.
- Learnt basic quad biking safety.

## Associated vocabulary

<b>Words relevant to safety</b>	e.g. rules, risk assessment, safety area, tyres/straw, helmet, gloves.
<b>Words relevant to equipment</b>	e.g. quad bike, brake, throttle, handlebars, seat, wheels, helmet, gloves.
<b>Words relevant to the activity</b>	e.g., stop, start, last lap, confident, competent.
<b>Words relevant to teamwork</b>	e.g. achievement, communication, listening, participation, review, support, trust.