

ACTIVITY
BIKING

Key Skills			National Curriculum		Q.C.A.	
Communications	Working with others	Problem Solving	Physical Education	PSHE	Physical Education	Outdoor and Adventurous Activities
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Learning Objective: To introduce pupils to Biking

Description: An opportunity to learn basic mountain biking skills and develop confidence on the trails through a variety of games and exercises that take place on designated cycle routes around Loch Insh and the forest of Inshriach.

KNOWLEDGE	SAFETY	SKILLS
<ul style="list-style-type: none"> • Recognising the importance of group control and awareness and basic bike control whilst out on a ride. • Observing general good practice for journeying and being in the outdoors, leaving the place as you found it. • Keywords: Weight transfer, Balance, Single file, Vehicle coming. 	<ul style="list-style-type: none"> • To recognise the perceived risk of the activity and how this is controlled by safety equipment and instructions • Correct use of bikes brakes and gears and seat position which effects posture to reduce strain on body. • To be able to respond to instructions when asked to. 	<ul style="list-style-type: none"> • To prepare physically for the activity in hand • To demonstrate basic riding techniques including braking, gears and balancing. • To work as a team of riders and undertake a journey to the view point and back whilst negotiating public roads, single track and north shore sections.

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