



S2/3 ELECTIVE MOUNTAIN BIKING

COURSE CONTENT

This course is primarily practical based, where students will be given the opportunity to participate and perform in mountain bike sessions within the sporting activity. The course will focus on skill development in biking. Students will also be given the opportunity to monitor and evaluate personal performance in the activity. Students will design a development program to enhance future personal performance in biking.

ENTRY LEVEL

Pupils must have shown a keen interest in sports and have an excellent kit record in PE. Pupils will need to have some experience of biking and have an interest in mountain biking. Pupils must show enthusiasm to improve their skills and fitness in biking.

AIMS

- To demonstrate progression in personal performance.
- To develop knowledge and understanding of key mountain bike skills.
- To develop self-evaluation and peer evaluation skills of physical performance.
- To develop social, leadership and teamwork skills.
- To develop knowledge and understanding of concepts of fitness relevant to biking.

KIT

A change of clothing is necessary for each biking session. Students are likely to get dirty. Advised kit would be: Tracksuit bottoms or shorts, leggings, a long top and trainers. A waterproof jacket is essential. A full water bottle each session would be advised also.

PROGRESSION ROUTES

Students will have the opportunity to progress to a level 5 mountain bike qualification.