

Mountain Biking





Mountain biking

- ▶ I will borrow a helmet and biking gloves from White Hall
- ▶ I will need to wear long sleeves and trousers to protect me
- ▶ The Helmet and gloves may feel tight, this is to keep me safe

A photograph of a person riding a mountain bike on a dirt path. The rider is wearing a blue helmet, a black long-sleeved shirt, and a bright yellow-green safety vest. They are smiling and looking towards the camera. The path is a light-colored gravel or dirt trail that curves through a lush green field. In the background, there are rolling hills with patches of dry grass and a stone wall. A tree with some autumn-colored leaves is visible on the right side of the path. The overall scene is bright and sunny.

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- ▶ Before I go on the mountain bike I will have to listen carefully to my instructor
- ▶ If I have any questions, I can ask my instructor

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- My group will start by riding on flat ground so that we can practice on the bikes
- We might then go onto the bike track which is a bit bumpier. My instructor will make sure I know what to do and that I am safe





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- ▶ Riding a bike can be hard, if I start to feel tired I can ask to have a break
- ▶ I may want to bring a drinks bottle out with me and put it close by
- ▶ If I'm worried about anything, then I can always tell my instructor so they can help me.

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► It's a great achievement to have been involved in the session

