



Brief Description

After learning how to complete safety checks, students will go through a progression of fun activities that helps them to improve their bike handling skills. Typically students will progress to a journey with arounds White Hall's purpose built track or out into the Peak district National Park

PSHE and Wider Learning Outcomes

- Team work and co-operation
- Acquisition of life skill – assessing risk
- Physical and mental health

Session Objectives

By the end of the session, students will

- Understand how to operate a bike safely
- Have improved their bike handling skills
- Understand the risks associated and how to minimise
- Know how to ride as part of a group

National Curriculum Outcomes

English: listen and respond appropriately to adults and peers

Forces: recognise that some mechanisms, including levers, pulleys and gears, allow a smaller force to have a greater effect.

Forces: identify the effects of air resistance, water resistance and friction, that act between moving surfaces

Progression / Differentiation

The session can be adapted to meet the needs of the students. Within the session we can use a very sheltered/shallow venue to ease apprehension and aid success, or progress to longer journeys at different locations/environments to challenge.

Vocabulary

Bike words: gears, saddle, quick release, handlebar, tyre, inner tube, crank, chain.

Safety words: distance, brake, speed

Activity words: left, right, forward, pedal, body position

Team working words: communication, co-operation, negotiation, patience, listening, trust, tactics, support