

Learning Outcomes

Mountain biking or rough track cycling



The learning outcomes detailed below can be tailored and amended to suit the needs of an individual group or specific curriculum. Objectives and outcomes should focus on a mix of technical skills and soft skills.

Learning Objectives	Learning Outcome
Bike Handling	Demonstrate correct bike handling in a variety of situations.
Bike Safety	Demonstrate knowledge of how to safely operate a mountain bike.
Coordination	Demonstrate the ability to perform a sequence of locomotor skills with smooth transition.
Leadership Skills	Demonstrate an awareness of risk and safety. Identify strengths within the team, use a wide range of skills within the group to achieve the set objective. Encourage team mates to achieve and succeed.
Communication Skills	Demonstrate clear briefing and listening skills without fear of asking for support when necessary.
Patience	Demonstrate patience during briefings and the activity.
Relationships and Emotional Intelligence	Build positive friendships and bonds with their classmates/peers. Able to show understanding and respect for others' opinions, beliefs and boundaries. Learn to handle emotions and behavioural responses.
Teamwork	Able to connect and work with others to achieve a set task.
Environmental Skills	Understand the environment around them and how to act appropriately. Understand basic environmental sustainability and applicable elements of the country code.