



**GRADE 11**

# Mountain Biking 11

## SD23 Central Okanagan

Mountain Biking 11 is designed to develop Mountain Biking skills and knowledge from an intermediate level to an advanced level. The class will build on a variety of sport specific movement, skills, systems and strategies related to mountain biking. It will focus on the fundamentals of the sport

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**Credits:** 4

**Approval Date:** Jun 2022

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**Hours:** 120

**Trax Code:** YHRA

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## GOALS AND RATIONALE

A significant number of students have expressed an interest in Mountain Biking as an alternative to other physical education programs. The Mountain Biking 11 program will allow young people to participate in a sport in which they are an integral part of a team and experience the benefits of team sports, such as having a coach, teammates and a network of support and camaraderie. Mountain biking is also an individual sport in which the main goal is to become a better, stronger rider. In contrast

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## BIG IDEAS

Technical skills development; tactical development; learning to be active and live in the outdoors; personal growth; healthy lifestyle

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## ADDITIONAL INFORMATION

The course is a Cross Country/Enduro Mountain Biking course. Therefore, the class will only be riding blue or green runs as outlined by the International Mountain Biking Association which is in alignment with other school mountain bike programs. There will be uphill and downhill riding involved in the mountain bike course on single track dirt/grass/gravel/tree root/and rocky terrain.