



GRADE 12

Mountain Biking 12

SD23 Central Okanagan

Mountain Biking 12 is designed to develop Mountain Biking skills and knowledge from an intermediate level to an advanced level. The students that have taken Mountain Biking 11 will further build on a variety of sport specific movements, skills, systems and strategies related to mountain biking. They will also be given a leadership role on the trail under the supervision of the Mountain Biking teacher.

Credits: 4

Approval Date: Jun 2022

Hours: 120

Trax Code: YHRA

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 12 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. At the Mountain Biking 12 level, they will also be responsible for leadership duties that will extend well into their w

BIG IDEAS

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

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.