Outdoor Learning Progression Planner – Bikes Riding a bike **Developing skills Mountain Biking** Cycle maintenance Self manager Increasing difficulty of individual strand Riding a 2 wheeled Bike Wearing a helmet Riding a scooter Riding a 4 wheeled bike Riding a 3 wheeled Bike Riding a 2 wheeled Bike No peddles Taking part in cycling games Cycling on a road – off site Following a circuit Stopping a given point Cycling in/out cones Cycling over a ramp Cycling on a road - on site **External trainer** Cycling on narrow track Cycling on raised track Cycling on single track Cycling on uneven ground Off site mountain biking Blue skills route Green skills route Red skills route Black skills route Level 1, 2, 3 Pump a tyre to a given pressure Adjust seat Lubricate the chain Remove a tyre Fix a puncture Remove/attach a wheel.

Working independently

Working within boundaries

Following instructions

Wearing of outdoor clothing

Cycling - Young Leaders

Identifying hazards

Working in a group