

BHS MT. BIKING:

NAME _____

PERIOD _____

PERS/SOC RESP/SAFETY (20)	/4	/4	/4	/4	/4
SKILL (12/24):		APPLICATION 2 (4):			
APPLICATION 1 (4):		APPLICATION 3 (4):			
KNOWLEDGE (6)					
TOTAL (50):					

SKILL 1: Bike Fitting and body positioning

- Bike is fitted one to two inches below inseam
- Leg is 70-90% extended at the bottom of each pedal stroke.
- Body is loose and relaxed, joints are not locked.



SKILL 2: Flat terrain movements *In a practice setting

- Is able to stand and coast on flat terrain
- Is able to shift weight from front to back/side to side while star
- Is able to correctly change gears/use breaks.

SKILL 3: Up/Down Hill Strategies *In a practice setting

- Lowers gears to ride uphill
- Raises gears appropriately on flat terrain
- Remains seated while climbing/descending.



SKILL 4: Bike Maintenance

- Is able to check and lube bike chain
- Identifies and is able to lube front and rear derailleur
- Is able to check and lube bike chain and performs a motion check of the bike
- Makes sure that bike is clean, free of excess lube and or dirt

TOTAL SKILL: /12 or 24

APPLICATION 1: Application of Skills

- 4** Applies effective skills safely with dynamic balance, fluid transitions and speed appropriate to the situation (type of surface, amount of riders). Students apply effective skills (Starting, gliding, turning, gear changing and stopping) while riding on flat as well as incline surfaces with few if any, observable errors in technique.
- 3** Applies effective skills with balance and speed appropriate to the situation. Applies effective incline skills with errors in their technique.
- 2** Performs skills showing some elements of correct technique, but application is ineffective and inconsistent.
- 1** Attempts skills but technique is not yet sufficient, resulting in consistently ineffective performance.

APPLICATION 2: Personal Challenge, Decision Making and Preparation

- 4** Consistently demonstrates a willingness to engage in the activity and challenge themselves to high levels of performance. They consistently demonstrate the ability to make timely and appropriate decisions to negotiate the task. Makes appropriate choices during preparation for the activity (e.g., selection of appropriate equipment and clothing). Performs without hesitation/or reminders.
- 3** Engages in the activity, but do not consistently challenge themselves to high levels of performance. Hesitates and/or seek confirmation before demonstrating the ability to make appropriate decisions to negotiate the task.
- 2** Engages in the activity, but skills are not developed to a level whereby they can be utilized to challenge higher levels of performance and /or to make timely and appropriate decisions to adjust to changing circumstances. May make inappropriate equipment and /or clothing choices. May need reminders and /or assistance from others in order to participate.
- 1** Focuses primarily on basic skill performance and therefore are not ready to apply skills in a way to challenge high levels of performance or make appropriate adjustments. Needs direction and/or assistance from others to participate.

APPLICATION 3: Application of Safety Procedures, Etiquette, and Conventions of Activity

- 4** Applies appropriate safe practices by following school district operating and safety procedures. Students also apply proper etiquette and conventions (e.g., right-of-way, terminology, bike road rules) for the activity with no observable errors.
- 3** Applies appropriate practices by following school district operating and safety procedures. Applies proper etiquette and conventions, but with errors and/or hesitation.
- 2** Demonstrates a general understanding of the concepts of safe practices/procedures plus etiquette and conventions, but may need reminders and /or assistance from others in order to participate.
- 1** Lacks the knowledge or inclination to demonstrate appropriate safe practice/procedures and/or etiquette and conventions. Needs direction and/or supervision from others to participate.

TOTAL APPLICATION: /12

THE BASICS OF MOUNTAINBIKING

Riding position uphill: keep your weight forward, keep your chin low over the bars, and try to keep your head forward.

Riding position downhill: you want to keep your weight back, and your seat lower than normal. If you go too far back, however, you will lose traction with your front wheel and have a hard time steering your bike. Keep your wrists low on the bars, and ride on your pedals with them even to the ground. This lowers your center of gravity.

Shifting: The left shifter controls the front derailleur which moves your chain on the three sprockets near your pedal. You basically have three gears here. The small ring (#1 position) is for low gear to go slow and climb. The middle gear (#2) position is for medium speed and slightly harder to pedal. This can be used for level ground. The larger gear (#3) is for high speed cruising or going downhill. It is the hardest to pedal. The right shifter controls the gears on the back wheel, and you have 7,8,or 9 sprockets. Use these to fine tune whatever front gear you are in. The lower numbers are easier to pedal, then gradually shift up as your speed increase to the higher numbers. As you speed up and go to the highest on the right, you can then go to the next largest gear using the left shifter and then go back down to the lower numbers on the right. Select the proper gear in advance in changing terrain, and if a climb is coming up, then get in your lower gears well in advance.

Braking: Know which brake controls the front wheel. Usually it is the left on U.S. bikes. The rear brake should be used mostly when going downhill, and the front brake gently (or else you may go over the bars and do an endo). When your brakes are wet, they will not stop as good unless you have disc brakes. Don't brake before going over obstacles, SPEED UP. If the section is too steep WALK. Check your brake pads for wear and position, and keep your rims clean. Adjust braking lever action at the handlebar cable tensioner, and check before riding.

Gear: Carry liquids and food when you ride, unless you go for a real short ride. Put about 40 lbs. air pressure in your tires. Lube your chain. Wear hand protection (gloves) and eye protection (glasses) if needed. Use common sense, if a section looks tough WALK IT first. Wear comfortable clothes and make sure your shoelaces do not dangle and get caught in the gears. Test your bike before you ride. Don't let your "expert" friends force you to do stuff over your head. Think smart and follow your own instincts. Ride the best gear you can afford, and maintain your bike.

HAND SIGNALS:

