|  |
| --- |
| Mountain Biking |
| Skill  | Teacher  | Class  | Date  |
| Skill name  | Name  | Class name | mm/dd/yyyy  |

Objective

\*Short summary of what the students should be able to do by the end of the lesson\*

STEPS FOR SUCCESS

Introduce skill – Demonstrate – Describe Cues/Critical Features – Second Demonstration – Practical Application

| Cues  | Critical features  | INtratask variation  |
| --- | --- | --- |
| priming word encompassing the critical feature \*2-3 words\* | What the rider should feel/look like when performing the skill.\*Body Position/Bike Position\* | Complex: How to advance the skill \*Manipulate terrain/equipment to challenge riders\*Easier: How to reduce the difficulty of the skill \*Manipulate terrain/equipment to allow riders more success\* |
|  cue 2 | CRITICAL FEATURE 2 | VARIATION 2 |
|  cue 3 | CRITICAL FEATURE 3 | VARIATION 3 |
|  cue 4 |  CRITICAL FEATURE 4 | VARIATION 4 |

 **PRE-CHECKS MATERIALS NEEDED REFLECTION**

|  |  |  |
| --- | --- | --- |
| Equipment 1 | Material 1 | Lesson recap, ask questions of cues/critical features to show retention. |
| Equipment 2 | Material 2 |
| Equipment 3 | Material 3 |
| Equipment 4 | Material 4 |

Notes:

Thoughts/ideas during lesson that could improve it for next time.