

Mountain Biking

SKILL

Skill name

TEACHER

Name

CLASS

Class name

DATE

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

<p>PRIMING WORD ENCOMPASSING THE CRITICAL FEATURE *2-3 WORDS*</p>	<p>What the rider should feel/look like when performing the skill. *Body Position/Bike Position*</p>	<p><u>Complex:</u> How to advance the skill *Manipulate terrain/equipment to challenge riders*</p> <p><u>Easier:</u> How to reduce the difficulty of the skill *Manipulate terrain/equipment to allow riders more success*</p>
<p>CUE 2</p>	<p>CRITICAL FEATURE 2</p>	<p>VARIATION 2</p>
<p>CUE 3</p>	<p>CRITICAL FEATURE 3</p>	<p>VARIATION 3</p>
<p>CUE 4</p>	<p>CRITICAL FEATURE 4</p>	<p>VARIATION 4</p>

PRE-CHECKS

MATERIALS NEEDED

REFLECTION

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

Notes:

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