

Mountain Biking – movement strategies. NCEA PE Achievement Standard 1.1

Applied settings could be

- Grade 1 or grade 2 mountain bike track
- A pump track

Tactical Movements

Demonstrate appropriate tactical movements with coordination, purpose and fluidity in response to the physical environment (track) to complete the track or a section of the track.

**Tactical movements could include but not limited to:*

- *Elbows more bent/less bent based on terrain*
- *Heels pushing downwards when out of seat*
- *Pedals uneven going through corners*
- *Pedals even on downhill/coasting*
- *Gear selection (strategically choose correct gears for fluidity)*
- *Brake usage and selection to maintain fluidity*

Body Position

Anticipating and responding to the physical environment (terrain - up/down/flat/corners) by using tactical body positioning on the bike (adjusting centre of gravity) to complete sections of the track.

**Tactical body positioning could be demonstrated by:*

- *Moving in and out of the saddle based on ascending, descending and coasting.*
- *Shifting weight up/down (lowering centre of gravity for downhills and corners, moving seat up for longer climbs)*
- *Shifting weight slightly backwards/forwards for wheel traction when needed*

Pace/Speed

Anticipating and responding to the physical environment (up/down/flat terrain) by changing the speed/pace to complete sections of the track with coordination and fluidity

**This could be demonstrated by*

- *Gaining speed prior to ascending*
- *Slowing down prior to a corner and accelerating through and out of a corner*
- *Coasting or peddling as needed*
- *Pumping*
- *Using gears and cadence (shorter steep ups = in the saddle going for it, longer gentle climb = lower gear slower cadence).*

Maneuvering Obstacles and Changing Direction

Anticipating and responding to the terrain by manoeuvring around obstacles and changing direction with coordination and fluidity.

Line Selection

Anticipating and responding to the terrain by selecting appropriate line to take based on visual observation
Other Riders Anticipating and responding to other riders by adjusting pace/ speed to successfully negotiate the terrain.
Environmental Conditions Anticipating and responding to environmental conditions (wet/slippery/dry/dusty) by adjusting pace/speed/technique/body positioning to successfully negotiate the terrain.
Cornering Anticipating and responding to the terrain conditions by adjusting pace/ speed when cornering to successfully navigate corner.
Liking Corners Anticipating and responding to the terrain when cornering by adjusting the pace/ speed to successfully navigate subsequent corners
Linking Features Anticipating and responding to the terrain conditions when coming out of a feature by using brakes to adjust speed to smoothly navigate a subsequent feature.

Step-ups

Merit - Consistently demonstrating a range of movement strategies throughout the track and across multiple tracks.

I.e. Consistently demonstrate appropriate tactical movements with coordination, purpose and fluidity in response to the physical environment (track) to complete the track or a section of the track.

Excellence - Effectively demonstrating with intent and proficiency a range of movement strategies throughout the track and across multiple tracks.

I.e. Effectively demonstrate proficient and intentional appropriate tactical movements with coordination, purpose and fluidity in response to the physical environment (mountain bike track) to complete the track or a section of the track.