

MOUNTAIN BIKING



CORE SKILLS

Mountain biking is a **fantastic cardiovascular workout** that improves endurance, strengthens the lower body, and enhances overall fitness. It helps to build core strength and balance, as riders navigate varied terrains and obstacles.

Regular mountain biking can contribute to weight loss, reduce the risk of heart disease, and improve mental well-being by **reducing stress** and promoting a sense of achievement.

In terms of behavioural benefits, mountain biking fosters resilience, determination, and problem-solving skills. Riders must analyse trails, make split-second decisions, and overcome challenges, **enhancing their cognitive abilities**. It encourages perseverance and **self-confidence**, as riders progressively tackle more difficult trails.

From a social standpoint, mountain biking provides opportunities for group rides and **community engagement**. It creates a sense of camaraderie, offering a platform to connect with like-minded individuals and promoting **environmental consciousness** and a connection with nature.

LEARNING OUTCOMES

- Team work and resilience
- Improve social skills
- Improve communication skills
- Helps cognitive skills
- Improved self-esteem
- Improved self confidence

Outreach Alternative Provision



All outreach referrals to be made via the Foundry College website:

www.foundry.wokingham.sch.uk