



Activity	Key Skills		National Curriculum		Q.C.A	
	Improving own learning and performance.	Working with others	Physical Education	PSHE	Physical Education	Outdoor and Adventurous activities
Quad bikes	*	*		*		*

Learning objective: To have experienced a basic introduction to karting and be able to control a kart safely around the designated track.

Description: Pupils are coached to focus on skill and control, rather than speed as they drive four wheeled motorised bikes around purpose built, fully supervised tracks.

KNOWLEDGE	SAFETY	SKILLS
<ul style="list-style-type: none"> • To recognise the perceived risk of the activity and how this is controlled by safety equipment. • Correct use of personal protective equipment. • To recognise that by controlling speed you control safety. • Keywords : accelerator, throttle 	<ul style="list-style-type: none"> • Recognising activity boundaries and safety areas. • To wear the appropriate clothing long sleeves, long trousers and sensible shoes. • Observing general safety rules for quad bikes. 	<ul style="list-style-type: none"> • To demonstrate the safe operation of throttle, brakes and steering. • To demonstrate a good karting technique both on the straight and cornering. • To improve the quality and technique of the newly acquired skill