

## PE1.1 Teacher Recording Sheet – Mountain Biking 2025

*\*Please highlight the three (or more) strategies this student is focussing on for this assessment.*

| Strategy               | Achieved (Apply)                                                                                                                                                                                                                                                                                                                                                         | Merit (Sustain)                                                                                                                                                                                                                                                                                                                                                                             | Excellence (Execute)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
|------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Gear Selection</b>  | <p>The student can change gears to:</p> <ul style="list-style-type: none"> <li>Anticipating and responding to terrain and changing gears early to navigate terrain successfully</li> <li>Makes change to multiple gears at once to respond to terrain to ride through section of track</li> <li>Maintains a steady and controlled cadence to navigate terrain</li> </ul> | <p>The student can consistently change gears to:</p> <ul style="list-style-type: none"> <li>Anticipating and responding to terrain, and changing gears early to navigate terrain successfully ✓</li> <li>Makes change to multiple gears at once to respond to terrain to ride through section of track ✓✓</li> <li>Maintains a steady and controlled cadence to navigate terrain</li> </ul> | <p>The student changes gears effectively by:</p> <ul style="list-style-type: none"> <li>Anticipating and responding to terrain ahead of reaching it, and changing gears early to navigate terrain successfully with intent and proficiency. ✓✓✓</li> <li>Effectively manages change to multiple gears at once with intent and proficiency to respond to terrain to ride through section of track ✓✓</li> <li>Effectively maintains a steady and controlled cadence to navigate terrain with intent and proficiency ✓✓✓</li> </ul> |
| <b>Attack position</b> | <p>The student can move into a basic attack position to attack terrain changes:</p> <ul style="list-style-type: none"> <li>Anticipate and respond to the terrain by using tactical body positioning on the bike (adjusting centre of gravity) to complete sections of the track.</li> </ul>                                                                              | <p>The student can consistently move into a basic attack position to attack terrain changes:</p> <ul style="list-style-type: none"> <li>Anticipate and respond to the terrain by using tactical body positioning on the bike (adjusting centre of gravity) to complete sections of the track.</li> </ul>                                                                                    | <p>The student can effectively move into a basic attack position to attack terrain changes:</p> <ul style="list-style-type: none"> <li>Anticipate and respond to the terrain by using tactical body positioning on the bike (adjusting centre of gravity) to complete sections of the track with intent and proficiency. ✓✓</li> </ul>                                                                                                                                                                                            |

|                          |                                                                                                                                                                   |                                                                                                                                                                                  |                                                                                                                                                                                                                |
|--------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Speed control            | The student can demonstrate using brakes to anticipate and respond to the terrain when cornering and on tricky terrain to avoid crashing and/or leaving the track | The student can consistently demonstrate using brakes to anticipate and respond to the terrain when cornering and on tricky terrain to avoid crashing and/or leaving the track ✓ | The student can effectively demonstrate using brakes to anticipate and respond to the terrain with intent and proficiency when cornering and on tricky terrain to avoid crashing and/or leaving the track ✓✓✓✓ |
| Raising the inside pedal | The student can demonstrate lifting the inside pedal with coordination and fluidity as they turn on flat/lightly bermed corner to maintain speed and control      | The student can demonstrate consistently lifting the inside pedal with coordination and fluidity as they turn on flat/lightly bermed corner to maintain speed and control        | The student can effectively demonstrate lifting the inside pedal with coordination and fluidity as they turn on flat/lightly bermed corner to maintain speed and control with intent and proficiency ✓✓✓       |
| Track selection          | The student can anticipate and respond to the terrain conditions by selecting the appropriate line to take to successfully navigate the section of the course.    | The student can consistently anticipate and respond to the terrain conditions by selecting the appropriate line to take to successfully navigate the section of the course.      | The student can effectively anticipate and respond to the terrain conditions by selecting the appropriate line to take to successfully navigate the section of the course with intent and proficiency.         |

Final Grade: Excellence

Marking notes: Effective use of the strategies on Grade three trails. Prior riding experience

Helping throughout the week away riding.

|             |             |             |
|-------------|-------------|-------------|
| Ride 1<br>E | Ride 2<br>E | Ride 3<br>E |
|-------------|-------------|-------------|

Teacher signature: