



Bolton Outdoors and Patterdale Hall Daily Outdoor learning Challenge



Activity	To perform a track stand for 7 seconds	Date	12/5/2020
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Aim/Activity and Instructions.

To perform a track stand for 7 seconds

Following on from the three second track stand last week, it's now time to try and do one for 7 seconds

1. For a helpful coaching video go on to You tube and search British Cycling How to track stand, or copy this link <https://www.youtube.com/watch?v=aKlxVJFXy80>

Learning Outcomes:

Better bike handling skills

Resources:

A bike
Helmet

Key Risk and Controls:

If going outside your home, take an adult with you.
Follow all normal Covid 19 practice and normal behaviours for being in public places. Stay safe.

How to share your learning:

Once you have completed this task, email a picture of you completing your track stand to sjb@boltonschool.org or ask a family member to put it on Twitter and Tag us in

@BoltonOutdoor and @Patterdale_Hall our Twitter

@PatterdaleHall for our Facebook

@patterdale_hall for our Instagram

Thought for the Day:

'Your limitation—it's only your imagination.'

Disclaimer: Please undertake this activity under the direction of a competent adult agreed by your parents/carers. Be sensible and careful. Patterdale Hall and Bolton Outdoors cannot take responsibility for you on these activities, they are meant as a guide only.

Please get some fresh air, stay safe, have fun and share your learning and outcomes with others.