



Bolton Outdoors and Patterdale Hall Daily Outdoor learning Challenge



Activity	To perform a rear wheel lift	Date	7/5/2020
Aim/Activity and Instructions. To perform a rear wheel lift on a bicycle. 1. For a helpful coaching video go on to You tube and search Global Mountain Bike Network how to rear wheel lift, or copy this link https://youtu.be/iJFDHkkhYKg			
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: <i>'Your limitation—it's only your imagination.'</i>			
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.