

My suggestion to bring into Cynefin

Basic/flatter mountain biking trail



Reasons for bringing in a progressive trail

Trail looks
intimidating for
beginners

Too advanced
for beginners

Sharp turns and
little safety



Where will this go in
Cynefin?

Benefits of the tracks being separate from each other



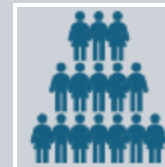
Individualized Learning: Students learn at different paces and have varied learning styles. Teaching different skill levels separately allows for individualized learning experiences, enabling each student to progress at their own rate and style.



Promoting a Growth Mindset: When students are placed in an environment that matches their skill level, they are more likely to embrace challenges and view effort as a path to improvement. This fosters a growth mindset, encouraging students to persevere and take risks in their learning. (Hill and Gomez, 2020)



Maximizing Instructional Time: By tailoring instruction to specific skill levels, teachers can maximize instructional time. They can focus on delivering targeted content rather than spending time reviewing material that some students may already know or introducing concepts that others may find too difficult. (Cherrington and Black, 2023)



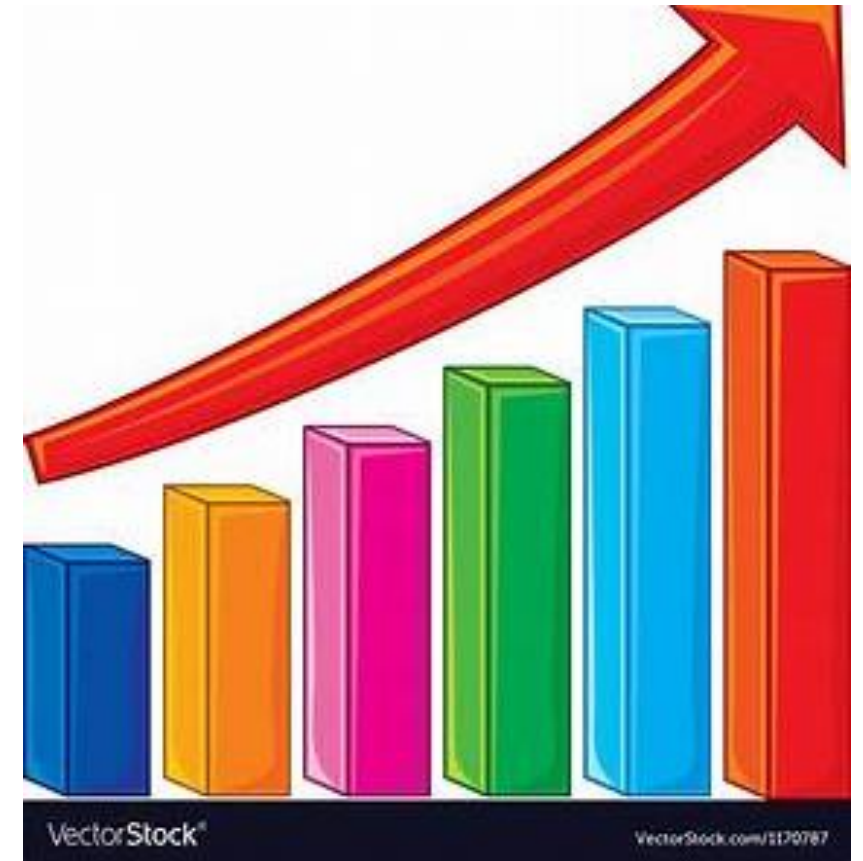
Building Confidence: When students are placed in groups with peers who have similar skill levels, they are more likely to experience success and build confidence. This positive reinforcement can contribute to a more positive attitude toward learning. (McCormack, 2019)

Benefits of having progressive trails

Confidence Building: Progressions provide a confidence-building process. As riders successfully conquer easier skills and trails, they gain confidence in their abilities, which positively impacts their overall enjoyment of the sport. (Moularde and Weaver, 2018)

Skill Retention: Learning in a progressive manner helps riders retain and internalize skills more effectively. Each new skill builds upon previously acquired ones, creating a solid foundation for continuous improvement. (Jackson and Dallet, 2023)

Reduced Fear and Anxiety: Facing progressively challenging situations helps riders overcome fears and anxieties associated with more difficult trails or obstacles. This gradual exposure helps them become comfortable with increasingly demanding aspects of mountain biking. (King and Church, 2020)



How can the community benefit from this?

- **Physical Health (Chaney and Stones, 2019)**

Outdoor Exercise: Mountain biking is an excellent form of cardiovascular exercise that helps improve fitness and overall health. It provides a fun and challenging way for community members to stay active and maintain a healthy lifestyle.

Mental Well-being: Outdoor activities, especially in natural settings like mountain biking trails, have been linked to reduced stress levels and improved mental well-being. Riding through scenic trails can provide a therapeutic experience.

- **Social Interaction (Taylor and Sand, 2021)**

Community Building: Mountain biking tracks can become a hub for local cyclists, fostering a sense of community. Riders often share tips, experiences, and knowledge, leading to stronger social bonds.

- **Stepping Process**

Progression: Cynefin tracks can be used as a starter/tester before going to try some of the bigger and faster trails across Pembrokeshire and eventually some others in Wales



The Well-being of Future Generations Act (2015)

A resilient
Wales

A healthier
Wales

A Wales of
more cohesive
communities

Physical demands/skills needed for Mountain Biking

- **Core Stability (Branco et al 2022)**
- A stable core helps maintain balance, especially when negotiating challenging terrain, making tight turns, or navigating obstacles. Core strength is vital for stability and control on the bike.
- **Balance and Coordination (Novak et al 2018)**
- Mountain biking requires a high level of balance and coordination. Riders need to navigate uneven surfaces, roots, rocks, and other obstacles, making balance crucial for staying upright and in control.
- **Mental Toughness (Roberts and Brooks, 2018)**
- Mountain biking can be mentally challenging, especially on technical descents or challenging climbs. Mental toughness, focus, and the ability to stay calm under pressure are important for overcoming obstacles and making quick decisions.



6-week Programme (2 hours per week)



Week 1- Overview, safety and Bike skills/positioning



Week 2 and 3- Start on the new trail to build confidence, practice gear shifting and braking fundamentals and exercises for improving balance and core strength



Week 4 and 5- Split the groups, the more able ones can go on the more advanced trail in cynefin and the ones who need to stay on the newer one can.



Week 6- All on the more advanced track and introduction to the pump track



Conclusion

- Benefits of the tracks being separate from each other
- Benefits of having progressive trails
- How can the community benefit from this?
- How am I going to implement this trail into cynefin?

References list

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