



MOUNTAIN BIKING FOR SCHOOLS PACK



POWERED BY DEAN FOREST CYCLES



Why Does My School Need Mountain Biking?

Too many children now learn to ride a bike when they are little, only then to never really improve their riding skills. We would like to change that by encouraging children to get back out on bikes and continue learning and enjoying cycling.

The Forest of Dean is an excellent place for mountain biking, with trails on the doorstep why not encourage the kids to have a go. It's not just mountain bike skills they will gain they will develop skills such as:

Resilience,	Confidence,	Co ordination,
Independence,	Self discipline,	Concentration.

It has been proven that spending time outdoors is beneficial for mental and physical wellbeing. Mountain biking is an outdoor sport they can learn now and continue to enjoy in to adulthood.





These sessions are aimed to support the P.E curriculum helping children find sports they enjoy keeping them active, they can also be used as reward sessions or intervention sessions in order to help engagement back in the classroom.

Taster Session

Taster session could be done either in the school playground or at Dean Forest Cycles structured as a 1.5 hour taster session the aim being to get the children on bikes provided by Dean Forest Cycles in order to teach them basic cycling techniques, such as effective braking and using gears. This session is delivered to groups of 10 children at a time and is aimed at key stage 2 students.



Price

£ 5 per child

10 children per session.

£4 per child if 2 or more sessions booked on the same day



Mountain Bike Adventure

A 3 hour session run from Dean Forest Cycles in which the children head out on to the trails and have a first taste of mountain biking this session is aimed at being a reward session in which the children are encouraged to have fun and push themselves outside of their comfort zone in order to build on their cycling ability, relax and enjoy being outside. This session is aimed at children who can already ride bikes and can slot in after a taster session or be used as a standalone reward session.

Price

£ 60 up to 10 children





Mountain Bike Beginners Pack

Run in your school playground we will deliver four 1.5 hour sessions to groups of up to 10 children starting with the basics, braking and use of gears by week 4 we will have the children riding technical features such as drops and rock gardens that we bring in to the playground ready to link the techniques together when heading out on to the trails.



Price

Course price £200

Up to 10 children
for 4 X 1.5 hour
sessions

Reduced to £175
per group of 10

If 3 or more groups
are booked on the
same day.



On To The Trails Pack

This session pack will get kids out on the real mountain bike trails of the Forest of Dean. The first four 1.5 hour sessions of this pack can be run in your school playground session 5 and 6 are then combined to give the children a 3 hour session of getting out on the real trails combining the techniques they have learnt and looking at linking technical features together this final session will run from Dean Forest Cycles.

Price

£ 275

10 children

5 sessions 9 hours

total on the bikes





Why Choose Us?

Our staff are young, enthusiastic about enjoying the outdoors and are experienced in working with children of all abilities. Our aim is to inspire and motivate everyone we meet to get out and love the forest as much as we do.

We are all mountain bikers, in our spare time we can be found on the trails practicing what we preach, for us it's not just a job it's a lifestyle.

We all hold mountain bike instructor qualifications are fully first aid qualified and DBS checked.

Working with our sister company Dean Forest Cycles we provide high quality, well maintained bikes and equipment to make this as accessible as possible meaning the children don't have to have their own bike to get involved.



Why Choose Mountain Biking?

Mountain biking is a sport that everyone can enjoy at any level you don't have to be a professional to keep going in to adulthood. It is a sport that doesn't need a whole team of people meaning the children can continue to enjoy it outside of school.

The children in your school who may not appear sporty just haven't found the sport for them, in offering mountain biking you are opening up the sports that are available to these children encouraging them to stay active and find a sport they do enjoy.

Like other sports mountain biking improves, balance, coordination, confidence, cardiovascular fitness, resilience, concentration and much more.

Mountain biking embeds the cycling skills needed even for those who may not mountain bike in the future but use these skills in the



commute to work on a bike or take up cycling in some other format, these skills are easily transferable and build the muscles and endurance to make this easy for them in later life. Cycling when introduced at a young age and made fun can easily become part of day to day life, reducing the environmental impacts of future travel leading to healthier people and a healthier planet.



Contact us to arrange a meeting at your convenience to discuss our mountain bike programs further or to book places for your school.

Speak to Emily on **01594368009**

Email us at **forestoutdoors@hotmail.com**

