



Quad Biking



About the activity

For the vast majority of children, riding our quad bikes is the first time they will have had control of a motorised vehicle. They learn how to steer, accelerate and brake, and to negotiate the twists and turns of our purpose-built quad tracks. Once they've mastered the basics, it's up to them whether to take it slowly and carefully, or test their quad at its top speed!

Activity aims

The aim of this activity is to:

- Have fun.
- Show and develop co-ordination and control operating a quad bike.
- Become confident and competent riding a quad bike.
- Basic level of vehicle safety.

Progression opportunities

Some participants may also:

- Quad bike maintenance.
- Learn about body position on quad bike.

In addition, participants should also have developed in the following:

- Coordination whilst riding quad bike
- Decision making skills

Learning outcomes

Upon completion of the activity, participants will have:

- Demonstrated the ability to listen to, understand and act on instructions received.
- Learnt how to put on the appropriate PPE in order to ride a quad bike.
- Learnt how to ride a single speed quad bike forwards, turning left and stopping in a controlled manor.
- Learnt basic quad biking safety.

Associated vocabulary

Words relevant to safety	e.g. rules, risk assessment, safety area, tyres/straw, helmet, gloves.
Words relevant to equipment	e.g. quad bike, brake, throttle, handlebars, seat, wheels, helmet, gloves.
Words relevant to the activity	e.g. EASI, stop, start, last lap, confident, competent.
Words relevant to teamwork	e.g. achievement, communication, listening, participation, review, support, trust.