

Cycling

Significant Aspects of Learning in Physical Education

I can **recognise cues** when performing manoeuvres in the correct order and use **problem solving** to respond to the environment around me

I can use **decision making** skills before and during manoeuvres to decide the safest option for me

I can **focus and concentrate** on my actions, and those of others, to cycle safely

Cognitive Skills



   [cycling.scot](https://www.cycling.scot)

Cycling Scotland

CYCLING SCOTLAND SCOTTISH CHARITY NO.SCO29760

Cycling

Significant Aspects of Learning in Physical Education

I use my **balance and control** to maintain my cycling position

I can control the **rhythm and timing** of my actions to cycle at different speeds

I can co-ordinate my whole body and my **gross and fine motor skills** to cycle fluently



Physical Competences



   [cycling.scot](https://www.cycling.scot)

Cycling Scotland

CYCLING SCOTLAND SCOTTISH CHARITY NO.SCO29760

Cycling

Significant Aspects of Learning in Physical Education

I have the **stamina** to keep active throughout my journey

I can use my **core stability** to maintain balance and control and keep good posture on my bike

I can vary the **speed** of my movement to stay in control

Physical Fitness



   [cycling.scot](https://www.cycling.scot)

Cycling Scotland

CYCLING SCOTLAND SCOTTISH CHARITY NO.SCO29760

Cycling

Significant Aspects of Learning in Physical Education

I am **determined and resilient** to keep trying, as I discover new cycling skills and increase my **confidence**

It is my **responsibility** to behave in a safe and **respectful** manner when taking part in cycling activities

I can **communicate** in a variety of ways to stay safe as I cycle

Personal Qualities



   [cycling.scot](https://www.cycling.scot)

Cycling Scotland

CYCLING SCOTLAND SCOTTISH CHARITY NO.SCO29760