Year 9 Street Surfing Knowledge Organiser

Skills

- I can slalom down a steep gradient with the cones set at a width of 2 metres apart.
- I can successfully participate in a team sport such as basketball whilst using the skills learnt in street surfing.
- I can travel up a hill or steep incline by fishtailing.
- I can complete a moderately difficult circuit with consistency. This means not having to use the wall as an aid or having to dismount from the street surf.

Decision Making

- I can decide on when I should start to slow down in order to complete a tight turn.
- During a race or time trial I can decide on when I should start picking up speed and when I should concentrate on turning.
- When playing a team sport I can decide on when I should start to speed up and when I should slow down to catch a ball.

Growth & Development.

- I complete regular exercise to help develop the components of fitness which will benefit my street surfing performance.
- I can analyse the impact of different exercises on my performance in street surfing.
- I can explain what type of exercise is predominately used in street surfing and how to develop this energy system.

Confidence, Passion & Leadership

- I show a willingness to improve by actively engaging in each lesson.
- I can successfully coach and analyse a peer to help improve performance.
- I can highlight areas of strength and weakness in my own and others performance.
- I recognise how to improve in my own performance and seek out opportunities to do so, such as attending an extra-curricular or local club.

Key Terms

Slalom	Fishtailing
Street surf	Speed
Turning	Track
Dismount	Steep

Rules

- You have to wear all protective equipment as requested.
- You can only attempt a slalom/ race when it is safe to do so.
- Once you have finished a race or slalom you must get off the track immediately.
- Stop what you're doing if a situation has become unsafe.
- Unless working with a support. Do not make contact with anyone else when riding.