

Assessment and Qualifications Alliance (AQA) Cycling Track Assessment Offer

At Derby Arena we understand the benefits of offering an alternative and engaging qualification for students. Cycling, as a sport, has seen growth in popularity in recent years and this offer creates a great opportunity for students to take part in a new activity and a sport that they will be talking about for months after.

How is the course taught?

The course will be in 2 sessions, taught by a qualified British cycling coach and will teach students how to ride, control and master both a fixed wheel bike and an Olympic 42° banked track. The course covers:

- Starts - standing
- Sprint finish
- Track position
- Chain ganging/riding in a group
- Basic riding technique

What will the students learn?

Students will develop in the coached environment and learn transferrable skills for safe outdoor riding, including better bike control, observation and decision making processes.

What are the participant requirements?

There can be up to 32 students, all of whom must be able to ride a bike competently and have a good level of fitness (allowing continuous exercise for 20+ minutes at a moderate intensity)

What are the additional workshops?

Alongside track sessions we offer knowledge on coaching, anatomy and physiology of cycling and basic mechanic skills. These workshops are offered before, during or after track sessions to add further content which can be tailored to your needs. The assessed skills are detailed in the appendix.

What will it cost?

The course costs £420, inclusive of VAT, and includes 4 hours of track and British cycling coach hire, and all equipment.

There is also the opportunity to include lunch, other sports and wattbike sessions to maximise the time at Derby Arena.



Students should perform the core skills/techniques in increasingly demanding and progressive drills. Progressive drills may start with the cyclist in isolation but should aim to increase pressure and incorporate direct competition in conditioned drills through adding additional riders and increasing the pace. This must not be in a fully competitive race.

Level	Mark	Description
5	9-10	The quality of cycling technique is maintained for all skills and throughout all practices. When cycling with additional riders, decision making is consistently effective in both predetermined and more spontaneous situations. There are very few errors and the student is adaptive when choosing their cycling line when faced with progressively challenging situations. They almost always produce the intended results/accuracy as a result of their excellent appropriate fitness level.
4	7-8	The quality of cycling technique is maintained for all skills but may start to deteriorate in the most challenging practices. When faced with additional riders, decision making is usually effective in both predetermined and spontaneous situations. There may be occasional minor errors but the student is usually adaptive in choosing their cycling line when faced with progressively challenging situations. They regularly produce the intended results/accuracy as a result of their good fitness level.
3	5-6	The quality of cycling technique is maintained for most skills but may deteriorate in the most challenging practices. When faced with additional riders, the effectiveness of decision making is inconsistent. The student makes more effective decisions in predetermined situations than in spontaneous situations. There may be occasional errors and the student is only sometimes adaptive in choosing their cycling line when faced with progressively challenging situations. They sometimes produce the intended results/accuracy showing some level of fitness.
2	3-4	The quality of cycling technique is maintained for some skills but sometimes deteriorates in the most challenging practices. When faced with additional riders, decision making is only occasionally effective in both predetermined and spontaneous situations. There may be frequent errors and the student is only occasionally adaptive in choosing an appropriate cycling line for progressively challenging situations. They occasionally produce the intended results/accuracy, although their fitness level is not developed enough to maintain performance levels.
1	1-2	The quality of cycling technique is maintained for few skills and often deteriorates in the most challenging practices. When faced with additional riders, decision making may be ineffective for both predetermined and spontaneous situations. There are likely to be frequent errors and the student may be unable to adapt and choose an appropriate cycling line for progressively challenging situations. They may not produce the intended results/accuracy, as a result of a distinctive lack of fitness.
0	0	Nothing worthy of credit.