

Virtually there and Fit for Life!

December 2011

As the end of the last term of 2011 gets closer children from Child Side School will be virtually arriving in towns all across the south west. Having started their virtual journey in Boyanup, where Child Side School is located, the children will have cycled the distance it would have taken them to reach their chosen destination. Some of the destinations include places such as Perth, Mandurah, Ravensthorpe, Pemberton, Augusta and many others.

A Fit for Life course has been run all term by mountain biking enthusiast and parent Andrew Lanigan, or AJ as he is known. As part of the course children, educators and some parents have been learning mountain biking skills each Tuesday. Biking skills being learnt include climbing, descending, obstacles (ramp, balance beam, see-saw), weight distribution, balance and weaving. Mountain biking requires many other skills which are also being taught such as bike maintenance, trail rules, first aid, momentum and inertia, physical resiliency and emotional well being.

Every day many of the new skills are practised, as the children and adults do laps on a 700m mountain bike course that AJ and the children helped create. The course winds its way through a wooded part of the school grounds and includes tight bends with berms, chicanes, steep inclines and jumps (for the more adventurous).

At the start of term each student thought about how far they felt they could cycle, and where that distance would take them. As they clock up laps on the 700m course they tally their distance each day and keep track of their progress in reaching their chosen destination.

Having set their own goals each child is working at their own pace to improve their biking skills, confidence, stamina and endurance. Many of the children have amazed themselves by succeeding in developing skills beyond their expectations and truly feel Fit for Life!

Photo opportunity:

You'll find the children in action every day but Tuesday's will provide the best opportunity.

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AJ demonstrating the ABC (air, brakes and cable) bike check before getting started:



The older children ready to commence skills training:



Lisa Seewraj (educator) learning weaving skills around the cones:



AJ watching and helping students negotiate the beam:



AJ watches and providing instructions on the 700m mountain bike trail:



Opportunities to get airborne exists on the 700m mountain bike trail:

