

ACTIVITY
SAILING

Key Skills			National Curriculum		Q.C.A.	
Communications	Working with others	Improving own learning and performance	Physical Education	PSHE	Physical Education	Outdoor and Adventurous Activities
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Learning Objective: To introduce pupils to Abseiling

Description: One of the most popular activities in which pupils face the challenge of sailing a boat either as a team or own (wind dependant). Builds confidence through achievement in which pupils have to cope with perceived risk in order to succeed

KNOWLEDGE	SAFETY	SKILLS
<ul style="list-style-type: none"> • Recognising the perceived risk of the activity and how this is controlled by safety equipment and instructions. • Correct use of the basic boat controls. • Keywords: Rudder, Centreboard, Main, Jib, Sheets, NoGoZone. 	<ul style="list-style-type: none"> • Recognise activity boundaries and safety areas. • To recognise the importance of team work. • Observing general safety rules for Sailing, sailing area, recall signals,PPE. 	<ul style="list-style-type: none"> • To prepare physically for the activity in hand. • To demonstrate a good sailing technique. • To improve the quality and technique of the newly acquired skill.