

ACTIVITY
WINDSURFING

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 Windsurfing

Description: One of the most popular activities in which pupils face the challenge of windsurfing on their own. Builds confidence through achievement in which pupils have to cope with balancing technique, balance and wind awareness. A great follow on from Sailing.

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. • To understand the basics of Secure Position, Static turn, Sailing position. • Keywords: Secure position, Sailing position, NoGoZone, Self Rescue. 	<ul style="list-style-type: none"> • Recognise activity boundaries and safety areas. • To recognise the importance of sensitivity. • Observing general safety rules for Sailing, sailing area, recall signals. 	<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.