



Giant Stand Up Paddle Boarding



About the activity

The giant stand up paddle board is a fun and exciting way for your students to enjoy being on the water. It's a great activity for building confidence on a board through teamwork, balance and coordination with up to twelve students and one instructor per board.

Activity aims

The aim of this activity is to:

- Introduce SUP and the necessary equipment.
- Allow each participant to experience stand up paddling.
- Take part in fun races, focusing on speed or manoeuvres learnt.
- Ensure participants work together supporting and encouraging each other.
- Provide an opportunity for participants to discuss what they have accomplished.

Progression opportunities

Some participants may also:

- Achieve Five Star balance.
- Perform 'team' step back turns
- Take the initiative in evaluating their performance and that of the group.
- Be able to assess risks and understand how these may be controlled.

In addition, participants should also have developed in the following:

- Interpersonal communication
- Teamwork
- Cooperation

Learning outcomes

Upon completion of the activity, participants will have:

- Demonstrated the ability to listen to, understand and act on instructions received.
- Successfully stood up, paddled and controlled the giant SUP as a team
- Understood the rules of the games and why they need to be followed.
- Developed an understanding of associated hazards.
- Effectively worked in a team supporting their peers throughout the activity and recognised their achievements.
- Contributed to a post-activity review led by the instructor identifying what they did well and then suggested ways to improve.

Associated vocabulary

Words relevant to safety

e.g. buoyancy aid, risk assessment, safety area.

Words relevant to equipment

e.g. paddle, board, buoyancy aid.

Words relevant to the activity

e.g. blade entry & exit, cadence, knee paddling, trim, stand up paddle, timing, balance of power.

Words relevant to teamwork

e.g. achievement, timing, communication, encouragement, listening, participation, review, support.