



# Bodyboarding

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## About the activity

Bodyboarding is a great way to introduce your pupils to surfing as it requires many of the same skills, but does not demand that the beginner manoeuvres a large surfboard. A body board is small and light and easier to handle; your pupils will learn how to catch, ride and enjoy the waves in the surfing environment. The perfect introduction to a very popular sport!

## Activity aims

### The aim of this activity is to:

- Introduce the sport of bodyboarding and what a bodyboard is.
- Learn the basic skills of bodyboarding and develop technique through individual practice and instruction.
- Understand the risks and safety rules for bodyboarding environment.
- Allow each participant to experience bodyboarding, catching and riding a wave.
- Provide an opportunity for participants to discuss what they have accomplished.

## Progression opportunities

### Some participants may also:

- Use the wave and balance to manoeuvre the bodyboard.
- Be able to assess risks and understand how these may be controlled.
- Select waves for increased performance.

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

- Interpersonal communication
- Non verbal communication

## Learning outcomes

### Upon completion of the activity, participants will have:

- Demonstrated the ability to listen to, understand and act on instructions received.
- Experienced how to catch and ride a wave.
- Applied learning through experience.
- An understanding of associated hazards.
- 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. warm up, risk assessment, safety area/boundaries.

**Words relevant to equipment** e.g. bodyboard, leash, wetsuit, rash vest.

**Words relevant to the activity** e.g. catching waves, hand signals, paddling, weather conditions, wipe out.

**Words relevant to teamwork** e.g. achievement, communication, encouragement, listening, participation, review, support, trust.