



# Catamaran Sailing

learnlink™

## About the activity

Your pupils take sailing to another level on one of our catamarans. Catamarans are fast, multi-hulled boats, designed and set up to deal with stronger winds than our dinghies. Accompanied always by an on-board PGL instructor, your pupils will (under most weather conditions) have the opportunity to helm the vessel themselves. It's the combination of speed and proximity to the water as they race across the waves that make for an exhilarating and memorable sailing experience.

## Activity aims

### The aim of this activity is to:

- Introduce sailing, the necessary equipment and wind awareness in a fun environment.
- Allow each participant to successfully sail/helm a Catamaran depending on the weather.
- 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:

- Learn to sail using a jib.
- Have attempted to use the five essentials effectively to improve their sailing.
- 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

## Learning outcomes

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

- Demonstrated the ability to listen to, understand and act on instructions received.
- Understood the basic sailing manoeuvres and wind awareness.
- An understanding of associated hazards, such as capsize or launching/recovering the catamarans on to the beach.
- Effectively worked in small teams supporting their peers throughout the activity and recognising 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. rules, risk assessment, buoyancy aids, water shoes, clothing, sun cream, water.

### Words relevant to equipment

e.g. .catamaran, multihull, Hobie, trampoline, main sail, mainsheet, jib, jib sheet, dolphin striker, tiller extension, rudder, helm.

### Words relevant to the activity

e.g. tack, gybe, five essentials, capsize, wind awareness, rigging, launch, recovery, helm, crew, trim, balance.

### Words relevant to teamwork

e.g. achievement, communication, encouragement, listening, participation, review, support, trust, tactics.