



Dragon Boating

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About the activity

Manoeuvring and racing a dragon boat demands good coordination and communication of a large team - as many as 24 pupils learn to paddle rhythmically and effectively together in a race across the water. Ultimate success depends on tactics, technique and brute effort - but in the end there are no losers— just a lot of fun, laughter and mutual support along the way.

Activity aims

The aim of this activity is to:

- Introduce the sport of dragon boat racing.
- Introduce and develop the skills and techniques required to paddle a dragon boat.
- Allow each participant to visit the water-based environment and explore that environment.
- 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:

- Observe, collect and identify objects and/or organisms found on the beach walk.
- Be able to describe what dragon boat racing is and what it entails.
- Understand why the team needs to work together to perform to the best of their ability.
- Understand how to perform efficient forwards paddling.
- 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:

- Explored the water-based environment and have an understanding of what it consists of.
- Demonstrated the ability to listen to, understand and act on instructions received.
- Understood the rules of the activity and why they need to be followed.
- An understanding of associated hazards.
- Explored the history of dragon boating, its popularity as a sport and pastime.
- 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. boundaries, hazard, risk assessment, risk, rules, safety, PPE.

Words relevant to equipment

e.g. paddle, buoyancy aid, dragon boat, rudder, hull, identification chart, shaft, T grip, blade.

Words relevant to the activity

e.g. beach, jetty, cliff, observe, patterns, tides, adaptation, environment, sea, lake, river, canal.

Words relevant to teamwork

e.g. achievement, communication, co-operation, encouragement, group, individual, listening, participation, review, support.