



Stand Up Paddle Boarding

learnlink™

About the activity

SUP is a fun and relaxing way for your students to enjoy the water, build confidence on a board, and learn a new skill. It's possible to paddle anything from ocean surf to lakes and rivers - no waves are required – so our Mediterranean centre at La Fosca is ideal, and this activity has quickly become a favourite!

Activity aims

The aim of this activity is to:

- Introduce SUP and the necessary equipment.
- Allow each participant to experience stand up paddling.
- 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.
- Learn more paddle strokes e.g. Indian stroke, Sculling draw, Sweep stroke etc.
- 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.
- Successfully stood up and paddled.
- Understood the rules of the games and why they need to be followed.
- An understanding of associated hazards.
- 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. buoyancy aid, helmet, risk assessment, safety area.
Words relevant to equipment	e.g. paddle, board, buoyancy aid, helmet.
Words relevant to the activity	e.g. sweet spot, prone paddling, knee paddling, trim, stand up paddle.
Words relevant to teamwork	e.g. achievement, communication, encouragement, listening, participation, review, support.