



Windsurfing

learnlink™

About the activity

Watch as your pupils discover that windsurfing is definitely not as easy as it looks! We provide a board and a sail-rig as well as the expert instruction to learn the essential skills - balancing on the board, getting into the right position and the technique for turning. Once they have the basics, the session will involve lots of games to test their proficiency, as well as plenty of time to practise their newly-honed skills.

Activity aims

The aim of this activity is to:

- Introduce windsurfing, the necessary equipment and wind awareness in a fun environment.
- Allow each participant the chance to successfully windsurf.
- 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:

- Have attempted to use the balance and wind awareness effectively to improve their windsurfing.
- Take the initiative in evaluating their performance and that of the group.
- Be able to assess risks and understand how these may be controlled.
- Learn appropriate terms and language in relation to windsurfing.

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 basics of windsurfing and wind awareness.
- An understanding of associated hazards, such as launching/recovering the rigs 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 and further sessions.

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. simulator, board, skeg, daggerboard, boom, UJ, sail, mast, uphaul, tethers.
Words relevant to the activity	e.g. tack, gybe, centre line, upwind, downwind, RYA, self rescue, sailing area.
Words relevant to teamwork	e.g. achievement, communication, encouragement, listening, participation, review, support, trust, tactics.