



Surf Ski Paddling

Early Adolescence



Surf Ski/Paddling allows students to develop the basic skills to paddle a sit-on-top craft. Students are challenged individually or as part of a team which builds their self-confidence, cooperation, collaboration and basic leadership skills.

Available at: River paddling is available at Point Walter and ocean Surf Ski Paddling is available at Ern Halliday and Woodman Point.

Challenge considerations: Individual and team water based challenge. Camps operate in either open or closed water environments. *Please discuss swimming ability requirements with Camp Program Coordinators directly. Dual sit-on-top crafts are also available for hesitant paddlers or students with a disability. Please advise the Camps Program Coordinator when booking.*



Duration of program: 90 minutes.

Recommended personal items: Hat, water shoes, rash-vest/t-shirt, bathers/board shorts, towel and water bottle.

Focused core shared value:

- Environmental responsibility.

Whilst paddling on the water, students will be encouraged to demonstrate minimal impact practises to take care of the water environment.

Program links:

Surf Ski Paddling allows students to practise and demonstrate the skills listed below. Students may be assessed, however it is important that these skills have been covered in a previous learning program.

| Outcome | Skill | Elaboration |
|------------------------------|---|--|
| Interpersonal Skills | Communicating | Students will need to demonstrate effective communication skills in order to positively influence peers in personal and/or group challenges. |
| | Cooperating and collaborating in groups | During the program's group challenges, students will be required to work together and share responsibilities to ensure positive group outcomes. |
| | Leading, initiating and facilitating | Students are encouraged to demonstrate skills to effectively lead others such as being a positive role model and being supportive and encouraging of peers in challenging situations. |
| Self-management Skills | Managing emotions | During the program the instructor will set group or personal challenges. Students are required to learn strategies to positively influence their own or others' thoughts and empower themselves or peers when facing difficult challenges. |
| Skills for Physical Activity | Skills for recreating in the outdoors | Students will learn various strokes and techniques to efficiently paddle their craft in the water. They also develop risk management practises to safely recreate in the water. |
| | Forces and motion | Students will explore how to generate maximum force by refining technique to overcome resistance and adjust movements to improve paddle efficiency. |
| Knowledge and Understandings | Ways to keep healthier and safer | Students are required to learn, develop and implement strategies to limit the risk to themselves and others whilst recreating on the water. |

Surf Ski/Paddling encourages the development of the following Overarching Learning Outcomes:

- 1 2 3 4 5 6 7 8 9 10 11 12 13