



Surf Ski/Paddling

Middle Childhood

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

Available at: River paddling is available at Point Walter. 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, 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	In group challenges set by the instructor, students must clearly communicate ideas and statements in order to meet the group's goals.
	Cooperating and collaborating in groups	Students will need to meet commitments to the group and maintain personal responsibility to successfully meet goals and objectives.
	Leading, initiating and facilitating	Students are encouraged to display positive behaviour and to support and encourage others during the program.
Self-management Skills	Managing emotions	Students learn how thoughts and beliefs can impact on outcomes during personal challenges in the Surf Ski/Paddling program.
Skills for Physical Activity	Skills for recreating in the outdoors	Students will learn various strokes and techniques to efficiently paddle their ski in the water. They will also learn various risk management practices to safely recreate in water.
	Forces and motion	Students learn the basic concepts of forces and motion through paddling and handling the sit-on-top craft. Students will explore how to generate maximum force, overcoming resistance and using equipment to direct the craft.
Knowledge and Understandings	Social and emotional well-being	Due to the various tasks and challenges set by the instructor, students are encouraged to support the social and emotional well-being of other students and are expected to think about the way they treat others and the importance of celebrating individual and group achievements.
	Ways to keep healthier and safer	Students are required to learn and implement basic strategies to limit the risk to themselves and others whilst recreating on water.

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

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