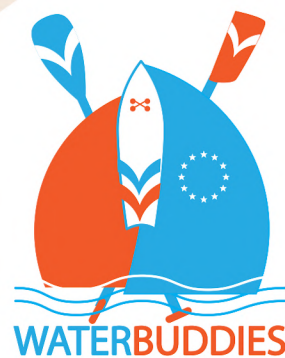




Ahoy Buddies!



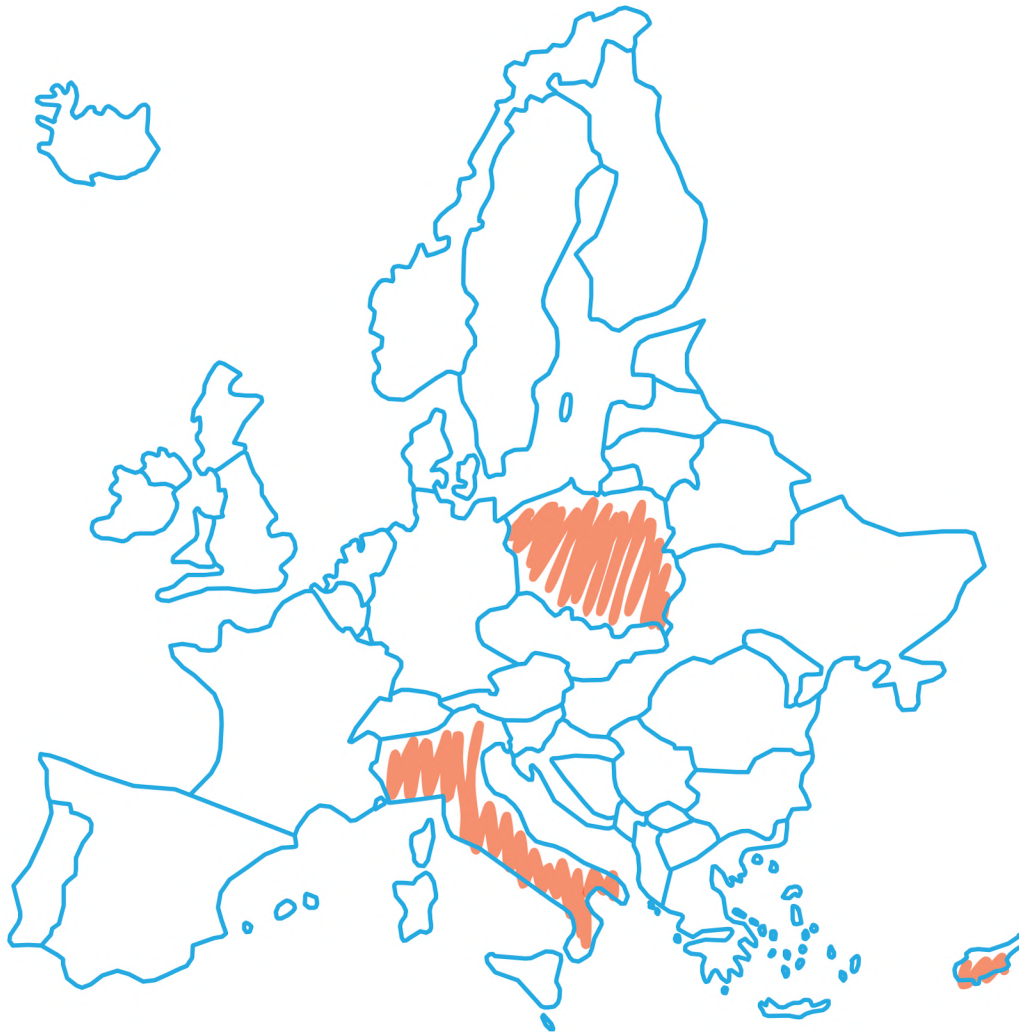
ACTIVITY BOOKLET

*Creative use of water sports
in early school education*



Co-funded by
the European Union

Project nr 2021-2-PL01-KA210-SCH-000049590
Small-scale partnerships in school education



3 sailing clubs from *Poland, Italy* and *Cyprus* in collaboration with local schools created "on the water activities" that will enrich school education by interesting outdoor activities.



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SAFETY FIRST

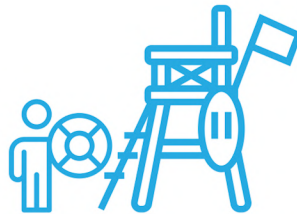


PRESENTATION OF SAFETY RULES

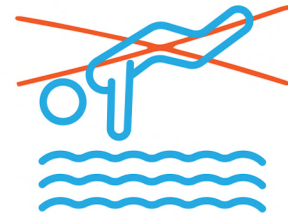
Children often get emotional during team games and competition, so it is important to explain the rules of water safety. Remember to adapt the rules to the activities you are doing and the area you are on.



LIFEJACKETS

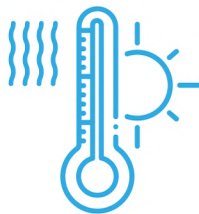


LIFEGUARD / GUARDED
SWIMMING AREA

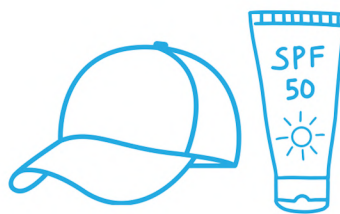


NO JUMPING
INTO WATER

The activities presented in the brochure are mostly performed on or near water. Although participants are on boards or boats, protection in the form of a waistcoat, lifesaving equipment or the use of a lifeguard is **necessary**.



CHECK
TEMPERATURE



HEADGEAR AND
SUNSCREEN



WATERING

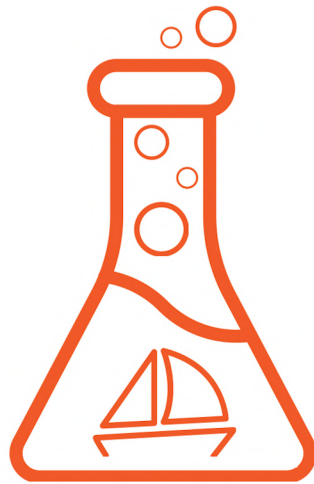
In addition to the water-related rules, it is also important to ensure adequate protection from the sun and hydration. It is also worth making sure that the temperature outside is not too high for physical activity.

COLLECTION OF ACTIVITIES

part 1

Activity section	Activity title	Age
 Edu - Labs	<ul style="list-style-type: none"> • <u>Why do boats float ?</u> • <u>Push the button game</u> • <u>Learning knots</u> • <u>Blind boat</u> • <u>Opti building</u> 	<p>8+</p> <p>6+</p> <p>6+</p> <p>6+</p> <p>6+</p>
 Eco - Labs	<ul style="list-style-type: none"> • <u>Build the Aquarium</u> • <u>Let's clean up</u> 	<p>6+</p> <p>6+</p>
 Movement	<ul style="list-style-type: none"> • <u>Tic Tac Toe</u> • <u>Jenga</u> 	<p>6+</p> <p>6+</p>
 Sailing	<ul style="list-style-type: none"> • <u>Treasure hunt</u> • <u>Learn to steer</u> • <u>Sailing sleigh ride</u> • <u>Slalom Trailers</u> • <u>Capsize / recover the Opti</u> • <u>Optimist Tug of War</u> 	<p>6+</p> <p>6+</p> <p>8+</p> <p>6+</p> <p>6+</p> <p>6+</p>

Activity section	Activity title	Age
 Windsurfing	• <u>Treasure hunt</u>	6+
	• <u>How to start</u>	6+
	• <u>Surfer with the sails</u>	6+
	• <u>Dance with the sail</u>	8+
		6+
 SUPing	• <u>Balance and recover</u>	6+
	• <u>All about paddle</u>	6+
	• <u>Sup Polo</u>	6+
	• <u>Sup Workout</u>	8+
 Other boats	• <u>Water slalom: pedal boat</u>	6+
	• <u>Tug of war: pedalo boat</u>	6+
	• <u>Tug of war: canoeing</u>	6+
 Water confidence	• <u>Snake ball</u>	6+
	• <u>Waiter's relay</u>	6+
	• <u>Waterpolo</u>	8+
	• <u>Riding a horse</u>	



Edu - Labs

Educational workshops on the shore, focusing on learning about the principles of physics and buoyancy, learning to build a boat, tying knots, manual dexterity and teamwork.

AGE
8+

DURATION
30 min

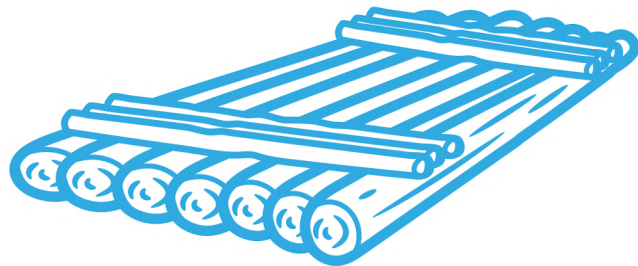
GROUP SIZE
up to 6 kids each

SHORT DESCRIPTION

Educational workshop to explain Archimedes' principle of buoyancy to children, through the construction of floating hulls made with plasticine.

SKILLS / HABITS DEVELOPMENT

- communication skills
- team work
- handling
- problem solving
- STEM



AIM OF THE ACTIVITY

1. A practical presentation of the physical law that determines the buoyancy of an object.
2. STEM workshop and problem solving activity.

EQUIPMENT

- 500g of plasticine
- basins of water

DESCRIPTION

Show participants how a plasticine ball sinks in water, and give the challenge to make it float.

Divided the class into small groups, they compete to make the shape that floats better.

Then proceed by analyzing the result, arriving at enunciating Archimedes' principle.

Bonus: Load pebbles or pennies onto the hulls to see who built the biggest and roomy boat.

REFLECTION

Participants are personally called to achieve a goal and then to derive a universal physical law. A workshop to teach STEM skills to younger children which together reflect and discuss “how to” solutions.



AGE
6+

DURATION
30 min

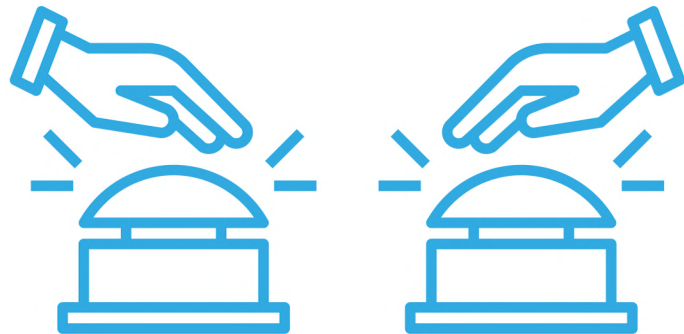
GROUP SIZE
from 6 up to 20 participants

SHORT DESCRIPTION

After the description of the parts of the boat, the participants are divided into two teams that compete to see who can first guess the name of the detail indicated by the instructor.

SKILLS / HABITS DEVELOPMENT

- Teamwork
- Memory
- Focusing



AIM OF THE ACTIVITY

1. Knowing, learning and memorizing the parts that make up the boat.
2. Agree on a group response.

EQUIPMENT

- cones/pins,
- boats and equipments

DESCRIPTION

The game includes an initial theoretical part in which the teacher explains to the children the names of the parts and components of the boats. Afterwards, the children are divided into two groups, and a boy/girl outside the groups is assigned the role of the 'button', or the instructor himself.

The instructor will point out a part of the boats that the group should recognize, the group after consultation has to run in the direction of the button companion to answer.

The button have to be at an adequate distance from both the two groups, with the arms opened ready to receive the high five from one of the teams.

The first to guess the correct denomination gets a point, if the answer is incorrect then the other team has the possibility to guess the right one. If none of their answers was correct they can run back to their teams and try to guess again.

Possible variations:

Include in the path some obstacles to be overcome (slalom between cones, stepping through hoops, jumping over obstacles, passing through gates) or start running towards "the button" only after having completed an N number of repetitions of the exercise (e.i. squats, jumping jacks, lunges, abdominals)

REFLECTION

Stimulate communications among team members to choose correct answers.

sailing workshops

AGE
6+

DURATION
30 min

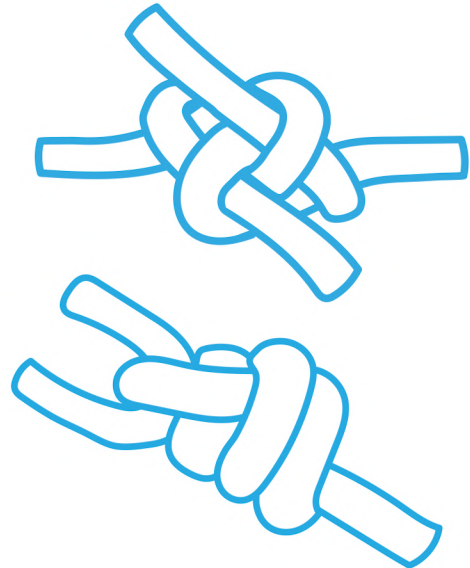
GROUP SIZE
up to 20 participants

SHORT DESCRIPTION

Teach the main nodes used on the Optimist.

SKILLS / HABITS DEVELOPMENT

- Problem solving
- Focusing
- Handling and dexterity



AIM OF THE ACTIVITY

1. Stimulate focus and dexterity handling a rope

EQUIPMENT

- a 1 meter rope for each participant

DESCRIPTION

Explain, show and let the children tie the main knots used on boats: reef knot, clove hitch, stopper knot, sheet bend, bowline

REFLECTION

Collaborate with kids to handle the rope



coastal rowing workshops

AGE

6+

DURATION

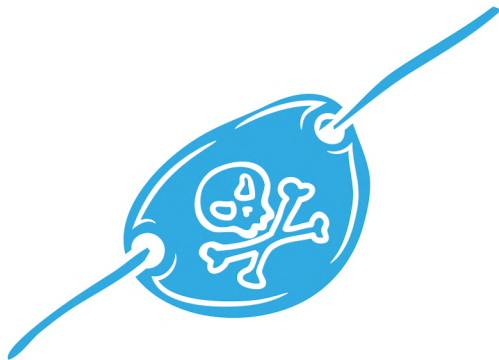
10 min

GROUP SIZE

3-5 kids for each team

SHORT DESCRIPTION

As in rowing, where the crew on board has their backs to the direction of the boat and only the helmsman sees the route to sail, the participants are divided into teams and blindfolded, only the helmsman can see the route and give the correct instructions to the crew.



SKILLS / HABITS DEVELOPMENT

- Teamwork
- Leadership
- Balance
- Orienteering

AIM OF THE ACTIVITY

1. Complete the slalom course between the pins and return to the start.

EQUIPMENT

- 3-5 blindfolds
- 5 lines/cone

DESCRIPTION

Divide the participants into several teams consisting of four who will be rowers and one who will be helmsman. All the rowers will be blindfolded and will have to follow the coxswain's directions to pass the course. The course simulates the Beach Sprint course and involves slaloming around two markers (kines/cones) and then reversing course at the third marker and returning to the start line.

The helmsman will give the direction by tapping on the shoulders of his/her teammates who will be lined up in front of him/her: if he/she taps both hands on his/her shoulders the crew will have to proceed straight ahead, with a tap on the right shoulder the crew will have to turn right and vice versa with the left.

Make all the team members the role of helmsman

REFLECTION

Stimulate to customize directions commands among teammates.
Game shows what it's like in the skin of a blind person.



sailing workshops

AGE

6+

DURATION

30 min

GROUP SIZE

is not relevant

SHORT DESCRIPTION

Manual activity, i.e. creating a model of an optimist from paper based on a handed-out template.

SKILLS / HABITS DEVELOPMENT

- Manual skills
- Patience
- Detail orientation
- Names of boat parts



AIM OF THE ACTIVITY

1. Learning the parts of a boat
2. Calm down with manual work.

EQUIPMENT

- Optimist boat template
- scissors
- glue
- adhesive tape

DESCRIPTION

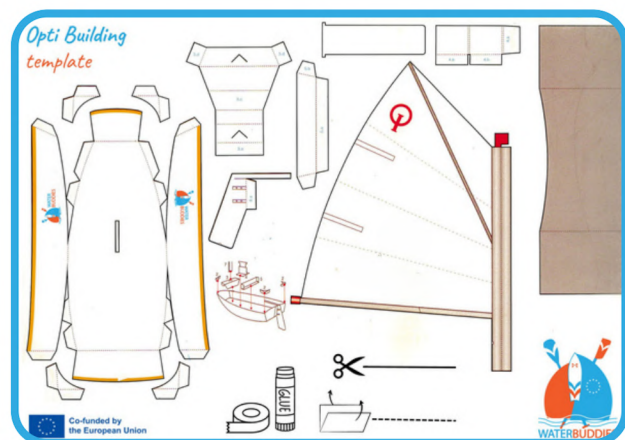
The participants' task is to assemble the Optimist model from start to finish. First of all, the parts have to be cut out along rough lines including the glue spots. Next, each part has to be assembled separately, and then all the components have to be assembled into a complete boat.

When gluing together, it is a good idea to pronounce the names of the parts of the boat and use them during small talks when preparing the model.

The activity can be performed anywhere. It is a good alternative activity for sailing workshops during bad weather or lack of wind.

REFLECTION

Learning and consolidating boat names through play rather than learning by heart.





Eco - Labs

Activities addressing environmental themes, focusing on caring for the environment and water reservoirs. The aim is to develop good habits related to not leaving rubbish behind, cleaning up local public areas and segregating rubbish.

ecological workshops

AGE

6+

DURATION

1 hour

GROUP SIZE

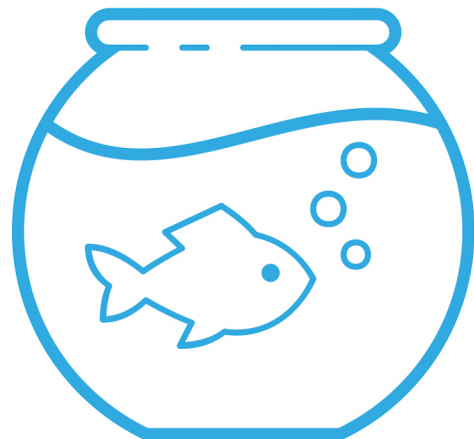
groups of 5 - 8 kids

SHORT DESCRIPTION

Involve children in creating an aquarium that reproduces local biodiversity.

SKILLS / HABITS DEVELOPMENT

- communication skills,
- team work,
- environment awareness,
- observation,
- STEM



AIM OF THE ACTIVITY

1. To know and observe local biodiversity

EQUIPMENT

- a transparent tray capable of holding at least 10 liters of water for each group

DESCRIPTION

After an explanation of the local biodiversity, the children, divided into groups, have the task of recreating this biodiversity in a small aquarium by collecting algae, molluscs and other easily accessible species.

Snorkeling masks and goggles can be used to collect; in this case he takes the opportunity to explain how to use this equipment and how to compensate by blowing air into the nose while keeping it plugged.



REFLECTION

Stimulate the observation of the living species of the area. The activity can also be done by limiting the collection to just the different species of plants and herbs.

ecological workshops

AGE
6+

DURATION
1 hour

GROUP SIZE
group of 4 - 5 participants

SHORT DESCRIPTION

During any aquatic or land-based activity, children clean up and sort the surrounding rubbish



SKILLS / HABITS DEVELOPMENT

- team work,
- environment awareness,
- knowledge on waste segregation

AIM OF THE ACTIVITY

1. To make the world cleaner and more friendly for everybody
2. Develop the habit of separating waste

EQUIPMENT

- waste separation bags for each group
- gloves for each participant
- grabs

DESCRIPTION

The activity is about paying attention to the cleanliness of the local waters and surrounding areas, so it can be adapted to different needs, organised both on water and on land.

In the first stage, it is important to familiarise yourself and your children with local guidelines for separating rubbish. This will determine how many bags you need and in which colours. It is also a good idea to prepare a small download to take with you so that you can check more quickly which rubbish goes into which bag.

When groups are appointed and equipment distributed, the cleaning can start. The aim is to collect as much rubbish as possible.

REFLECTION

Awareness of how our behaviours and habits of living, consuming, throwing away or sorting rubbish affect our planet and pollute the local environment.





Movement

Familiar and common games in a different edition using movement involving the participation of every player.

Activities are performed on the shore.

AGE

6+

DURATION

5 minutes - each match

GROUP SIZE

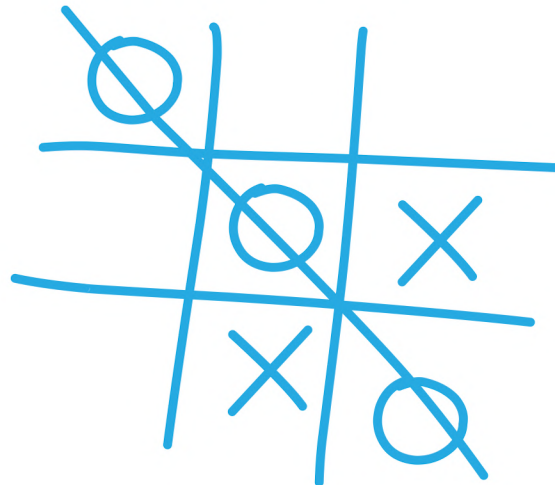
up to 20 kids

SHORT DESCRIPTION

This simple game can become a new challenge to learn how to make decisions while engaged in physical work.

SKILLS / HABITS DEVELOPMENT

- Focusing
- Leadership



AIM OF THE ACTIVITY

1. Stimulating children to make tactical decisions while they are busy, distracted by physical work such as running
2. Get to know their body better, while having fun.

EQUIPMENT

- 9 hoops,
- 3 yellow pins,
- 3 blue pins

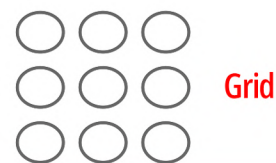
DESCRIPTION

The game takes place in an open field the size of a basketball court. On one side the circles are arranged on the ground to form a square (3 x 3).

On the other side, the participants divided into two teams start one at a time to place the pins on the chessboard, with the aim of completing three pieces on the same line. The fourth player moves one of the three pins of his team to try to get the result or to block the move of the opposing team. Upon returning from each move, the player starts his partner by giving a high five. The faster the players are, the greater the advantage in moves.

REFLECTION

What appears to be an easy game becomes more difficult and exciting when players have to perform a certain physical activity that distracts their mind.



movement game

AGE

6+

DURATION

20 min

GROUP SIZE

up to 20 kids

SKILLS / HABITS DEVELOPMENT

- Self control
- Focusing
- Team work

SHORT DESCRIPTION

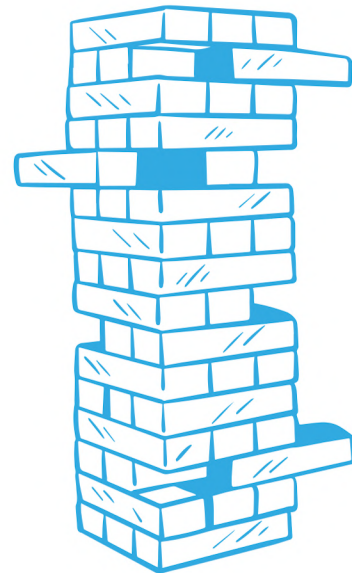
How difficult is it to perform gestures of fine coordination when tired? This game allows us to discover and learn more about our body, and learn to control it.

AIM OF THE ACTIVITY

1. Movement control
2. Collaborative strategy between players on the same team

EQUIPMENT

- colored Jenga bricks
- equipment for free body gymnastics, such as: kinesions, hoops, ladder, ropes



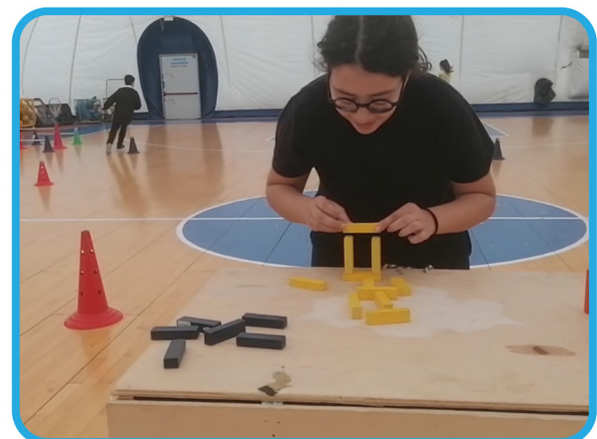
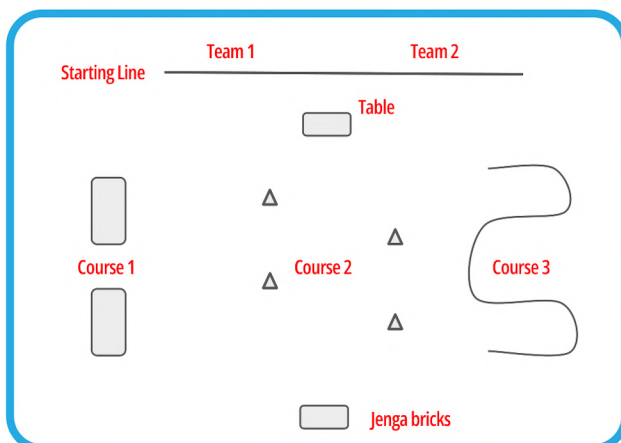
DESCRIPTION

The game takes place in open spaces the size of a basketball court. On one side are the Jenga bricks, on the opposite side a table and the starting areas of the two teams. In between, three routes are prepared using the material available. From each team starts one player at a time who must follow one of three routes to retrieve a Jenga brick. On the way back, the route must be different from the one taken on the outward journey. Two players cannot do the same route at the same time. At the end of the path the player must lay his own brick to build a tower.

Each team must build the tallest tower using as many bricks as possible before they run out.

REFLECTION

Sports training allows us to have a better recovery and therefore better face complex situations like this.





Sailing

Sailing activities on land and on the water introducing to sailing, familiarising with the boat, teaching the parts of a boat. They also touch on the principles of physics. The activities are created using an Optimist class boat, but it can be replaced by another one.

THE TREASURE HUNT

sailing game on shore

AGE
6+

DURATION
40 min

GROUP SIZE
groups of 6 kids

SHORT DESCRIPTION

A treasure hunt where the kids have to identify and collect the different parts/components of a complete Optimist equipment with the help of a treasure map.



SKILLS / HABITS DEVELOPMENT

- Orienteering
- Teamwork
- Collaboration
- Awareness of sailing equipment

AIM OF THE ACTIVITY

1. The aim is to learn the parts of a boat, to assemble the boat and to prepare for sailing on the water.

EQUIPMENT

- 1 Optimist boat with components for each group

DESCRIPTION

In a designated area the instructor will hide the different parts and components of a Optimist boat.

The instructor will share a treasure hunt map of the windsurfing parts. The map should be adapted to the area in which the game will be played. Every element need to be hidden in different part of the area and marked on the map. The children are also given a list with pictures and names of each part/element to find.

The game will be more fun when after finding the one part, there will be a clue for finding the next part/component that will be also hidden. In this way there can be only guidelines on the map, not marked all hidden places.

Once the children have collected all the windsurfing parts, they will put all the parts together with the help of the instructor.

REFLECTION

Memorising the names of boats through play.



sailing & paddling

AGE
6+

DURATION
20 min

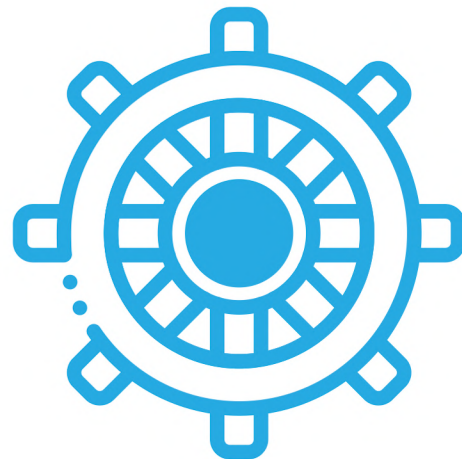
GROUP SIZE
3 kids per boat

SHORT DESCRIPTION

Three children on an Optimist, one using the rudder and the other two rowing using paddles, have to navigate a course.

SKILLS / HABITS DEVELOPMENT

- Teamwork
- Steering a boat
- Paddling



AIM OF THE ACTIVITY

1. Work together to achieve the goal
2. Learn to use a rudder.

EQUIPMENT

- For each group:
- one Optimist (without sail)
 - 2 paddles
 - lifejackets

DESCRIPTION

Two children, equipped with a paddle or oar, take their places on either side of the front of the Optimist, facing each other.

In the cockpit is a third child who has the task of steering the boat along a route established by the instructor.

The helmsman can sit or stand. There is also a possibility to perform activity with sail not attached to sheets when there is weak or no wind. Children then become additionally familiar with the sail and its movements. They get into the habit of tucking their heads or sitting in the boat.

REFLECTION

Pay attention to the handles for the rudder and paddles.

Let the kids cooperate together to achieve the goal



sailing

AGE
6+

DURATION
15 min

GROUP SIZE
2 kids per boat

SHORT DESCRIPTION

The boats are connected to each other by ropes and pulled behind a motorboat on a water. Kids try to steer behind the speedboat.



SKILLS / HABITS DEVELOPMENT

- Teamwork
- Steering a boat
- Balance
- Eye-hand coordination

AIM OF THE ACTIVITY

1. Work together to achieve the goal
2. Learn to use a rudder.

EQUIPMENT

- For each group:
- one Optimist
 - lifejackets

DESCRIPTION

The boats are tied together with moorings as for towing and the first one is tied to the motorboat. The speedboat pulls the boats behind it and the participants have to steer in the speedboat's track. The game does not require a lot of movement on the part of the participants, but it can break the fear of speed on the boat, teach how to steer and how the rudder behaves at higher speeds (e.g. in strong winds). In addition, it can be a taming of the waves, show that at speed the water under the boat splashes and that it is not always dry with water sports.

It is important to stay safe during the activity. Children need to be supervised at all times as boats can capsize with large and sudden rudder movements.

REFLECTION

Rudder behaviour under higher water resistance



SLALOM TRAILERS

sailing game on shore

AGE
6+

DURATION
25 min

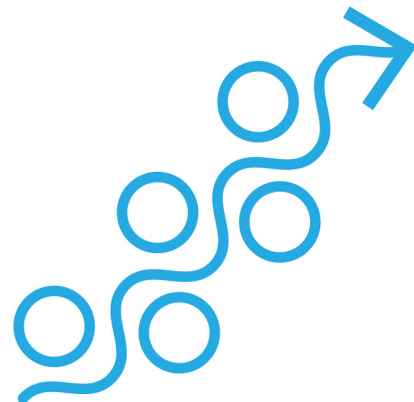
GROUP SIZE
no limit

SHORT DESCRIPTION

Timed slalom run where participants pull a trailer prepared from the Optimist trolleys. There are two kids per one trailer and participants compete in pairs.

SKILLS / HABITS DEVELOPMENT

- Teamwork
- Logical thinking
- Cooperation
- Communication



AIM OF THE ACTIVITY

1. Communication in pairs
2. Anticipating the moment of turning with a trailer.

EQUIPMENT

- 3 Optimist trolleys
- 3 cones for slalom
- 2 cones for start-finish line
- timer

DESCRIPTION

The activity is a simple slalom. The difference is that participants pull 3 connected Optimist trolleys - the trailer. Participants in pairs are tasked with completing the slalom by circling the cones from the correct side, not hitting any and returning straight to the finish line. The first catch is to enter the bend wide enough to avoid knocking over a bollard. The second is not to lose any carts from the trailer.

If any cone is knocked over, one person of the pair have to go back and pick it up. The other kid cannot move to the front at that time. Need to wait for partner.

In a lost pushchair situation the solution is similar, one person goes back and attaches the lost pushchair and the pair can only move forward when both people are holding the handle.

Gra jest na czas. Wygrywa ta para, która ma najkrótszy czas pokonania slalomu.

REFLECTION

Being in a hurry and running fast does not help to get the route right and not lose the trolley, in fact it gets in the way.



sailing

AGE
6+

DURATION
25 min

GROUP SIZE
1-3 kids per boat

SHORT DESCRIPTION

The exercise involves capsize and recover the Optimist boat. Capsize can require up to 2 or 3 children, depend on the height and weight of the participants and wind conditions.



SKILLS / HABITS DEVELOPMENT

- Teamwork
- Leadership
- Balance
- Water awareness

AIM OF THE ACTIVITY

1. Learn what to do in the event of a capsize and raise awareness that capsizing regatta boats is not so scary

EQUIPMENT

- one Optimist
- lifejackets
- rope

DESCRIPTION

The activity consists of a controlled tipping of the Optimist and putting it down.

The capsize can be done with the hull alone or with the sail attached (it is essential to secure the sail). The location of the exercise should be off to the side so as not to disturb other boats and possible objects floating on the body of water. Consider capsizing near the shore, as it is then easy to assist the instructor in case of problems. You can also have the boat on a long mooring, which makes it easier to position the boat in the right place.

If your child is not too tall and heavy it may be difficult for them to capsize the Optimist, so it is worth sending a friend to help. With two people it should go easier.

REFLECTION

Learning how to capsize and stand up a boat. Highlighting the fact that the boat does not capsize so easily on its own.



OPTIMIST TUG OF WAR

sailing & paddling

AGE

6+

DURATION

5 min - each match

GROUP SIZE

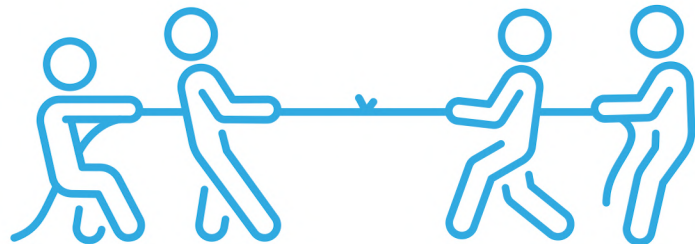
6 kids per match

SHORT DESCRIPTION

Two boats are tied together. Crews compete rowing the others to their side.

SKILLS / HABITS DEVELOPMENT

- Team work,
- Leadership



AIM OF THE ACTIVITY

1. Paddling practice and having fun.
2. Teamwork to balance and synchronize the effort.

EQUIPMENT

- 2 Optimist boats without sails,
- 4 paddles
- a rope (4 meters at least)

DESCRIPTION

Place two Optimist boats in the water, with bows in opposite directions. With a 4 meters long rope connect the two boats (using boats' buoyancy aids straps). Get three participants on board in each boat: two of them ahead with a paddle, the other at the rudder to control direction.

When the instructor starts, each crew must start paddling harder than the other to move the opposing boat towards their position. The winner will be the one who first gets the other boat over the centerline.

REFLECTION

Tutor must be sure that everybody learned to paddle before. Stimulate active cooperation between members of each crew.





Windsurfing

Windsurfing activities on the shore and on the water introducing you to board sailing and largely focusing on learning how to balance on the board and parts of the equipment.

THE TREASURE HUNT

windsurfing game on shore

AGE
6+

DURATION
40 min

GROUP SIZE
groups of 6 kids

SHORT DESCRIPTION

A treasure hunt where the kids have to identify and collect the different parts/components of a complete Windsurf equipment with the help of a treasure map.



SKILLS / HABITS DEVELOPMENT

- Orienteering
- Teamwork
- Collaboration
- Awareness of windsurfing equipment

AIM OF THE ACTIVITY

1. The aim is to bring awareness of the windsurf equipment through the collaborative game of orienteering.

EQUIPMENT

- 1 Windsurf with all components for each group

DESCRIPTION

In a designated area the instructor will hide the different parts and components of a windsurfing complete kit.

The instructor will share a treasure hunt map of the windsurfing parts.

Also, the kids will receive a list with pictures and names of each part / component, where they will be able to go through under the guidance of the instructor.

After finding the part/component there will be a clue for finding the next part/component that will be also hidden .

To sum up, in each hunting point there will be an instruction/clue for the next hunting activity.

As soon as the kids collect all parts of the windsurfing, with the help of the instructor, they will assemble all the parts together.

REFLECTION

Meet the windsurfing kit equipment and components and learn how to assemble it.



HOW TO START

windsurfing running game

AGE
6+

DURATION
45 min

GROUP SIZE
up to 6 kids for group

SHORT DESCRIPTION

A game between two teams with 6 task stations on the beach and in the water, during which children learn starting position techniques.

SKILLS / HABITS DEVELOPMENT

- Safety rules
- Teamwork and collaboration
- Starting position technique
- Awareness of the wind direction



AIM OF THE ACTIVITY

1. Safety and starting position technique .

EQUIPMENT

- buoys,
- windsurf kits,
- life jackets
- gymnastic rings
- floating obstacle
- rope

DESCRIPTION

Overall Concept: We mark a running circuit course of stations/activities with tasks. The circuit course will have a starting and finishing point and each team has two members. The course will be timed.

Station 1: Wearing their buoyancy aid (life jackets)

Station 2: The Teams should grab their own windsurfing board.

Station 3: The teams will pass through 3 different obstacles stations on the beach while carrying their board.

Station 4: The Teams continue to pass through 3 obstacles stations in the water.

Station 5: Both members of each team must lie on their board, and paddle with their hands a short distance towards the beach to bring the boards to the shore.

Station 6: On the beach front, there will be two windsurfing board and sail and each member of the Team must lift up the sail, get into the starting position technique and hold the sail for 5 seconds.



REFLECTION

Safety before getting into the water and getting familiar with the starting position.

windsurfing

AGE

6+

DURATION

60 min

GROUP SIZE

up to 6 kids for group

SHORT DESCRIPTION

Learning the process to connect the board with the sail and get the windsurfing kit into the water. Learning the rescue and recovery technique.

SKILLS / HABITS DEVELOPMENT

- Paddling technique
- Balance
- Safety
- Confidence



AIM OF THE ACTIVITY

1. The aim is to be able to connect the windsurfing kit handle the equipment in and out of the water and rescue themselves

EQUIPMENT

- windsurfing board,
- rig,
- buoyancy aid and buoys

DESCRIPTION

Part 1: Demonstration on how to connect the board with the sail. The instructor will demonstrate the procedure both in theory and practice.

Part 2: The instructor demonstrates the “paddling” technique on the board, how to carry the windsurf from the beach to the sea (and reverse), how to recover the sail from the sea and how to place it on the board.

Game: A Surfer with a Sail - Paddle out in water

We set up 2 teams of 3 kids each. First duo begins on the beach front next to their equipment. With the trainers' command, the kids must connect the sail with the board, get the EQUIPMENT into the water, recover the sail from the water on the board and get the paddling position. Then the kids must paddle to the buoys and return. Take out the equipment from the water and disconnect the sail from the board.

Then, the second duo will begin, with the same procedure.

REFLECTION

1. Learning how to connect the sail with the board
2. How to get the kit into the water
3. How recover the sail from the water
4. Learn how to go from the water to the shore using the paddling technique

windsurfing

AGE

8+

DURATION

60 min

GROUP SIZE

Group of 6 divided into 2 groups

SHORT DESCRIPTION

Exercises and that help to understand the wind direction, understand the Golden Rule (the wind direction blows the back of the sailor) and give direction to the board.

SKILLS / HABITS DEVELOPMENT

- Orienteering
- Balance skills
- Handling technique
- Self Development
- Situational consciousness

AIM OF THE ACTIVITY

1. The aim is to bring awareness of the wind element, learn the “Golden rule” of body positioning and understand how to turn the board 360 degrees left/right sides



EQUIPMENT

- windsurfing kits

DESCRIPTION

Activity 1: Dance with the Sail onshore - 20 minutes

These kids will be grouped in two Teams.

One person in each team will get on the windsurfing equipment, learning to do circles in each direction, while moving their bodies around the center of the board, holding the sail.

The instructor will demonstrate the “Golden Rule” and the key points which leads to find the balance with the sail on the board.

Activity 2: Dancing with the Sail in Water - 40 minutes

The kids will be grouped in three teams of two members.

The first group of Kids will get their equipment into the water.

They will get on the board while using the Golden Rule, lift up the sail and find balance with it on the board.

Then the kids will start turning the sail through one side, while moving their body to the opposite side synchronized with the sail.

The Kids have to complete two right-side circles, two left-side circles and stop the sail on the starting position.

REFLECTION

1. Wind awareness - develop consciousness perception.
2. Understanding the Golden Rule.
3. Windsurf handling.



SUPing

SUP (Stand Up Paddle) - it's a water-based activity and sport that involves standing on a large board while using a paddle to propel yourself through the water. Activities focus on learning to paddle and maintaining balance and show other ways to spend active time on the water.

SUP workshops

AGE

6+

DURATION

45 min

GROUP SIZE

up to 20 participants

SHORT DESCRIPTION

Learn and understand the balance of the board and also how to recover from a fall.

SKILLS / HABITS DEVELOPMENT

- Balance
- Recover technique
- Confidence



AIM OF THE ACTIVITY

1. The aim is to balance on the board.

EQUIPMENT

- SUP
- buoyancy aids
- lifejackets

DESCRIPTION

Introductory Activity 1: Land Drill - Finding Balance, 15 minutes
The group is divided into 2 groups of 4 persons. The instructor will demonstrate on land how to get on the board, where the center of the board is, how to paddle with the hands and how to recover from a fall. Then each person will perform the exercises on land and on shallow waters.

Introductory Game – Activity 2: Water Drill - Finding Balance, 30 minutes

Everyone will be on their boards and the instructor will demonstrate and guide a few poses that challenge the balance on the board. Some examples of the poses can be Downward Dog with one leg up and two hands on the board, and/or Tree pose, standing on one leg having and arms open wide cross. At the same time, they have to be aware to remain in the same position in the water and not to drift away.

REFLECTION

Body awareness and space awareness.



sup

AGE

6+

DURATION

45 min

GROUP SIZE

up to 20 participants

SHORT DESCRIPTION

Learning how to hold and how to use the paddle correctly in the water.

SKILLS / HABITS DEVELOPMENT

- Balance skills
- Confidence
- Paddling techniques
- Self confidence
- Teamwork and spirit



AIM OF THE ACTIVITY

1. Learning to paddle.

EQUIPMENT

- SUP
- buoyancy aids
- lifejackets
- extra paddles

DESCRIPTION

Activity 1: Land Drill - Preparations for paddle, 10 min

In this activity the instructor will demonstrate on land how to measure and adjust the paddle to your height, how to hold the paddle, how to change sides and how to stand up holding the paddle.

The exercise will be demonstrated also on the water.

Activity 2: Relay Water Game

We will set up in the water 2 buoys, buoy 1 (shallow waters) and buoy 2 (twenty-five meters away from buoy 1). We will create 3 teams of two kids per team, participating in a relay game. The teams will start from the beach starting line, carrying together a small distance the board, and put it in the water. One of the kids will start paddling from buoy 1 to buoy 2 and back to buoy 1 where the other team member will wait at buoy 1. The second kid will continue the same route and finish when they both carry the board back to the starting line.

We give them the option to use the standing or sitting position on the board, aiming to boost the self-esteem of the kids, to participate and complete the mission. This activity will not award the winners but award the complete mission no matter time or result.

REFLECTION

1. Turning skills
2. Paddling techniques
3. Controlling the board

sup

AGE

6+

DURATION

45 min

GROUP SIZE

up to 20 participants

SHORT DESCRIPTION

Learning to control and handle the SUP board while paddling, using a ball game.

SKILLS / HABITS DEVELOPMENT

- Balance skills
- Confidence
- Paddling techniques
- Self confidence



EQUIPMENT

- SUP and buoyancy aids
- 2 buoys
- Small inflatable wheels/rings
- 2 small balls
- Blindfold masks

AIM OF THE ACTIVITY

To have better control of the board while making turns

It is necessary to practice standing and moving on the board. Demonstration takes place in the water area. Everyone should have enough space around them.

Team Building Game: SUP Polo

We set up in the water 2 buoys as a corridor and a basket a few meters away.

We pairing kids in teams, and both kids are seated on the board holding paddles.

The aim of the teams is to pass through the corridor and score the ball into the basket and return to the starting/finish point.

Variation of the exercise

For kids over the age of 12 The paddling kid will be blindfolded, and the second kid will be the guide of the blindfolded paddler to reach the target.

The guide kid will be holding a ball on the board and has the responsibility to score the ball in to the basket.

The game will take place one more time and the kids will reverse roles.

REFLECTION

1. Exercise shows how important is teamwork and communication.

sup

AGE

8+

DURATION

45 min

GROUP SIZE

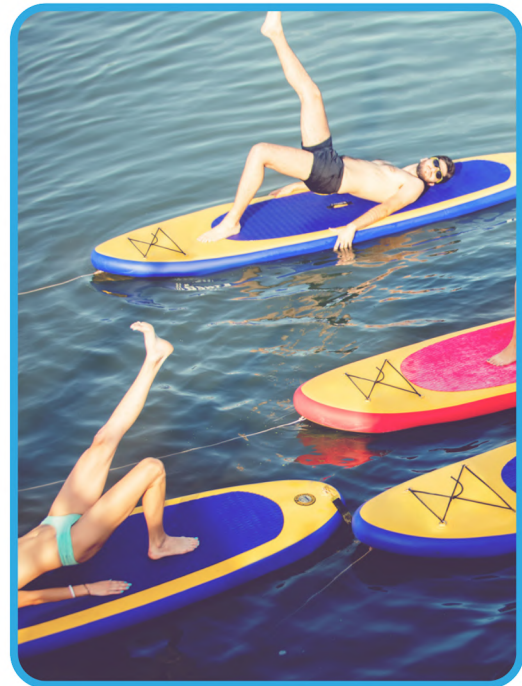
up to 20 participants

SHORT DESCRIPTION

Basic movement and stretching exercises performed on a SUP board without falling off the board.

SKILLS / HABITS DEVELOPMENT

- Balance
- Develops body awareness
- Creativity
- Cooperate in a team



AIM OF THE ACTIVITY

1. The aim of the exercise is to stay on the board.

EQUIPMENT

- SUP
- lifejackets

DESCRIPTION

Before the activity, it is necessary to practice standing and moving on the board.

Participants should not be left alone in the middle of the water area, so security in the form of an adult on a SUP or other boat is essential.

On the water area, participants stand in a scatter. Everyone should have enough space around them.

Each participant, standing on the SUP, follows the instructor's instructions, such as:

- push-up
- squats
- standing on one leg
- gentle jumps, walking on the board
- planks, sitting exercises
- leg raises, arm circles
- stretching
- exercises proposed by activity participants ...

REFLECTION

1. The activity shows a different way of spending free time and being active on the water.



Other boats

Activities carried out on other boats or canoes available from hire shops on the water. Other boats or watercraft not included in the collection can also be used for the proposed activities.

WATER SLALOM

pedalo water boat

AGE
6+

DURATION
one race around 10 min

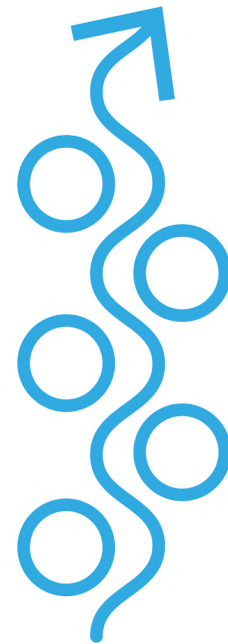
GROUP SIZE
groups of 4 - 5 kids

SHORT DESCRIPTION

Pedalo boat races along a marked course in the water area.

SKILLS / HABITS DEVELOPMENT

- Leadership
- Teamwork
- Ability to steer a pedal boat
- Respect for the aquatic environment
- Ability to win and lose



AIM OF THE ACTIVITY

1. The aim is to show a different way of spending free time and being active on the water

EQUIPMENT

- pedal boat/s
- buoys (minimum 4)

DESCRIPTION

Before the activity, it is necessary to explain how to control the pedal boat. It is a good idea to practice turning before the race starts.

Area: A minimum of 50m will set up a slalom with yellow buoys and a red finishing buoy. Races should take place at a safe distance from the shore to avoid getting stuck. The start line can be marked out with using buoys or by taking advantage of the surroundings and terrain.

Participants at the start signal swim slalom to a place marked out by a buoy. The slalom route is marked by other (different colors) buoys. After passing the buoys they return to the starting line in a straight line. The team with the fastest time or the first at the finish line, depending on the activity variant, wins.

- Variant 1: one lane - timed
- Variant 2: two or more lanes - the losing team is eliminated

REFLECTION

Respect principles of safety, healthy competition and fair play rivalry.



pedalo boat

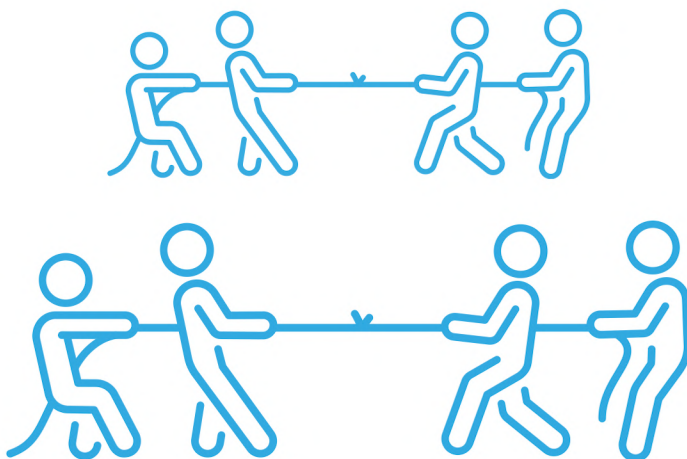
AGE
6+

DURATION
one race around 5 min

GROUP SIZE
groups of 3 - 4 kids

SHORT DESCRIPTION

Two boats are tied together. Crews compete pedalling the others to their side.



SKILLS / HABITS DEVELOPMENT

- Teamwork
- Leadership
- Respect for the aquatic environment
- Ability to win and lose

AIM OF THE ACTIVITY

1. The aim is to show a different way of spending free time and being active on the water

EQUIPMENT

- 2 pedal boats or an even number of boats
- ropes (4 meters at least)
- 2 buoys

DESCRIPTION

Place two pedalo boats in the water, with bows in opposite directions. With a 4 meters long rope connect the two boats. Get three participants on boards in each boat: two of them are pedaling, the other at the rudder to control direction. The fourth participant can be a navigator. Number of kids on both boats need to be the same.

Mark the center line with two buoys.

When the instructor starts, each crew must start pedaling harder than the other to move the opposing boat towards their position. The winner will be the one who first gets the other boat over the centerline.

REFLECTION

Respect principles of safety, healthy competition and fair play rivalry.



TUG OF WAR

canoeing / kayaking

AGE
6+

DURATION
one race around 5 min

GROUP SIZE
2 - 4 kids per match

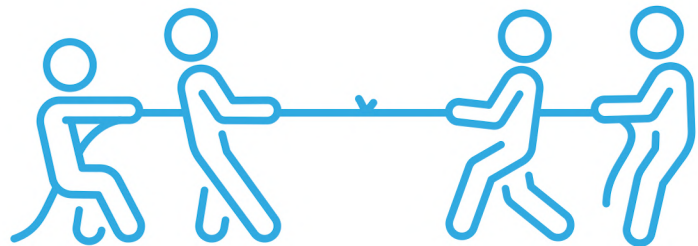


SHORT DESCRIPTION

Two boats are tied together. Crews compete pedalling the others to their side.

SKILLS / HABITS DEVELOPMENT

- Teamwork
- Leadership
- Respect for the aquatic environment
- Ability to win and lose



AIM OF THE ACTIVITY

1. Paddling practice and having fun.
2. Focusing achieving task
3. Resilience

EQUIPMENT

- 2 canoes / kayaks with paddles
- ropes (4 meters at least)
- 2 buoys

DESCRIPTION

Place two canoe boats in the water, with bows in opposite directions. With a 4 meters long rope connect the two boats.

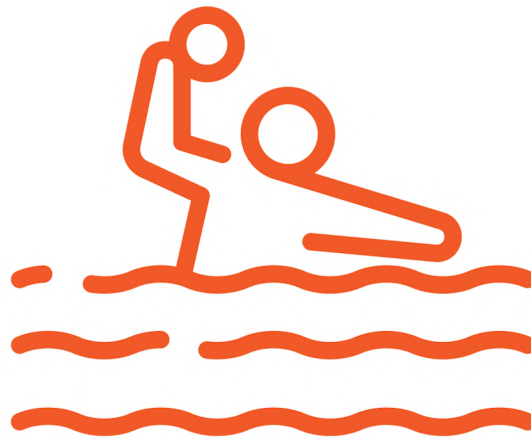
Mark the center line with two buoys.

Get the participants in, when the instructor starts, each kid must start paddling harder than the other to move the opposing boat towards his position. The winner will be the one who first gets the other boat over the centerline.

REFLECTION

1. Tutor must be sure that everybody learned to paddle before.
2. Stimulate kids to keep focused during the physical effort.





Water confidence

Water activities that can be performed in shallow and deep water depending on swimming ability. Our suggestions can be performed both on the beach and in the pool. The exercises are designed to familiarise participants with the aquatic environment.

swimming

AGE
6+

DURATION
2 x 10 min

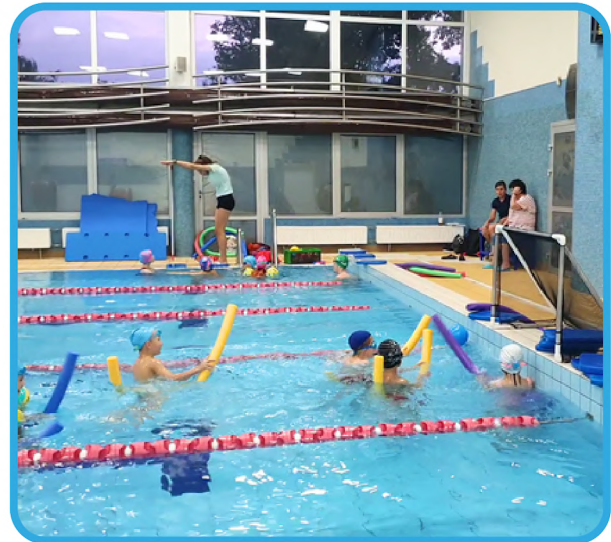
GROUP SIZE
up to 20 participants

SHORT DESCRIPTION

A team activity similar to water polo, where the team's aim is to score a goal. Participants swim or walk on the bottom while sitting on pool noodles.

SKILLS / HABITS DEVELOPMENT

- Tactical thinking
- Teamwork
- Adaptation in an aquatic environment
- Developing natural movements in water



AIM OF THE ACTIVITY

The aim is to get rid of fear of water and other negative feelings, to perform movements in water naturally and freely and strengthen the muscles of the back, arms and legs.

EQUIPMENT

- 2 rubber balls
- 2 goals / hula hoops
- 2x10 different colors pool noodles
- swimming sleeves / safety waistcoat
- buoys

DESCRIPTION

The game is designed for children who cannot swim, those who swim poorly and those who swim. Depending on their swimming skills, the game can be played in both deep and shallow water so that participants feel the ground beneath their feet. During the activity, participants pass the ball between each other while sitting on pool noodles `snakes` and move around by paddling with arms and legs or walking on the bottom.

Area: A rectangular playing area is marked out on the water or shallow area with buoys. Set up goals or hula hoops at the two shorter ends of the playing area. To prevent the hula hoops or goals from moving, the equipment can be tied with ropes on two sides to fixed elements of the environment or buoys.

After the starting signal, participants pass the ball between themselves while sitting on the "snakes". The participants' task is to hit the opposing team's goal or hula hoop. The team with the most goals wins. Play is restarted after a goal is scored (from the goal) or after the ball goes out of the playing area (from the sideline). Catching the opponent's body is not allowed. Participants' hands may only touch the ball. If a participant breaks this rule, it is a "foul", the game is stopped and the action is started by the opposite team.

REFLECTION

1. *Respect* principles of safety, healthy competition and fair play rivalry.

swimming

AGE

6+

DURATION

5 min - one race

GROUP SIZE

up to 20 participants

SHORT DESCRIPTION

The competition consists of swimming 12 meters back and forth with a board in hand and a cup of water on the board. The cup must not fall. Once the participant swam/walked this distance, pass the board with the cup to the next team member.

SKILLS / HABITS DEVELOPMENT

- Teamwork
- Adaptation in an aquatic environment
- Developing natural movements in water



EQUIPMENT

- swimming boards
- plastic cups
- buoys / pool lines

AIM OF THE ACTIVITY

1. The aim is to get rid of fear of water and other negative feelings, to perform movements in water naturally and freely and strengthen the muscles of the back, arms and legs.

DESCRIPTION

Participants will traverse the distance with a swimming board which is helpful. Depending on their swimming skills, the activity can be prepared in two variants: on the deep water for swimmers and on the shallow water for weak swimmers and non-swimmers.

Area: Two buoys or other markers in distance 12 meters from the start line.

Two or more teams are waiting before the start line. One participant from each team is waiting in the start line with swimming boards and cups on them. After the starting signal, participants race with each other swimming or walking along the bottom to the marker and back. The cup must not fall. However, if this happens, participants must catch and put the cups back. After crossing the start line, participants pass the board to the next team member. The race ends when the last competitor returns to the start line.

REFLECTION

Respect principles of safety and fair play rivalry.



swimming

AGE**6+****DURATION**

5 min - one race

GROUP SIZE

groups of 10 - 16 kids

SHORT DESCRIPTION

Water polo is a ball-based team sport played in water. To be able to play water polo, you need prior swimming skills. For this reason, the minimum age of the target group is 8-10 years, and. For kids 6 - 8 years old can follow the same experiences with buoyance aid.

**SKILLS / HABITS
DEVELOPMENT**

- Teamwork
- Communication skills
- Leadership
- Handle the pressure

**EQUIPMENT**

- some balls
- one or two goals

AIM OF THE ACTIVITY

1. Learn how to float on the water.
2. Learn how to float and keep the ball in the water.
3. Learn how to move in the water while having the ball and throw the ball towards the posts.

DESCRIPTION

1.exercise – Lying on the top of the water in a horizontal position with open legs and hands while lifting the head out of the water. Performing circular movements with the hands and legs, keeps the body in the correct position.

2.exercise – The same circular movements, but only with the legs, in a vertical position while raising one hand out of the water, catching, and then throwing the ball.

3.exercise – Swimming with the ball towards the goal, then getting close to it, try to make a shot with the learned passing movement.

REFLECTION

1. Gain confidence in the water.
2. Develop new skills of floating their bodies into the water.
3. Through collaboration succeed to reach the opponents posts.



swimming

AGE

8+

DURATION

10 min

GROUP SIZE

up to 10 kids per once

SHORT DESCRIPTION

Swimming in a sitting position on the pool noodle and moving in the water forward and backward with the hands and legs. Also possible to perform the activity. You can also facilitate the exercise by jumping or walking on the bottom instead of swimming/sliding in the water.

SKILLS / HABITS DEVELOPMENT

- Strengthening spinal muscles
- Adaptation in an aquatic environment
- Developing natural movements in water

EQUIPMENT

- pool noodles for each participant
- swimming sleeves / life waist, if needed

AIM OF THE ACTIVITY

Learn to hold an upright, seated position in the water and swim in this position to strengthen the spinal muscles (muscles that help to hold the correct position at the school desk).

DESCRIPTION

Participants sit flailing on a swimming noodle, in a sitting position (like on the chair) and try to swim while pushing off with their hands. They can help yourself with legs by simulating running underwater.

For beginners, it is a good idea to start the activity in shallow water or with the additional equipment. In a sitting position on the noodles, the task is to swim about 50 metres. First swim/walk/jump forwards and then backwards. The body will create resistance in the water as it moves. The goal is to keep the body upright in the water and moving in this position.

The exercise is designed to strengthen the deep muscles by keeping the body in a pin position. In addition, it is a good exercise for the arms and legs.

REFLECTION

A strong abdomen and strong spinal muscles are required to hold the position. Some children may take longer to do the exercise correctly.





ACTIVITY BOOKLET

Water Buddies - active outdoor education

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