

SAILING & WINDSURFING CIRCUIT

Quick rules

Sailing Stations

Tacking and gybing

- Tacking is turning the front of the boat through the eye of the wind. Gybing is turning the back of the boat through the eye of the wind.
- With two friends holding a bar to represent the sail and boom, cross the boat from standing to standing, ducking under the sail and boom on the way.
- Count the number of times you cross the boat.

Hiking out

- Hiking out is balancing your body weight against the wind in the sail to keep the boat upright.
- Achieve this with strong core abdominal muscles by performing lateral crunches.
- Count the number of oblique reaches you manage.

Syncro-jump

- When sailing in pairs we aim to cross the boat together in a tack or gybe.
- Synchro-jumping involves practising this co-ordinated teamwork by performing simultaneous jumps with a partner.
- Count your number of joint jumps.

Pump the sail

- Sit on a bench with your legs out in front of you, heels on the floor and the middle of a resistance band round the soles of your feet.
- Hold the band, lean back and row your arms to pull the sail in. Count your number of rows – arms straight to hands by your shoulders.

Fast feet

- For agility in crossing the boat we need fast accurate foot placement.
- Perform a side-jumping step between two cones.
- Count each successful jump and cone touch.

Windsurfing Stations

Tacking and gybing

- Tacking is turning the front of the board through the eye of the wind. Gybing is turning the back of the board through the eye of the wind.
- Perform the windsurfing stance in pairs; make the body movements from the windsurfing challenge card to turn the board and rig.
- Count each full tack and gybe movement.

Beach start

- To start windsurfing from the beach you need to step onto the board out of shallow water whilst balancing the sail above the board.
- Hold your arms up then step up onto a bench counting each complete step up and down.

Board balancing

- Standing on the windsurf board requires core strength and balance to turn the sail and board with your arms, legs and whole body.
- Balance on one leg while performing upper body twists.
- Count the times you twist to the right and left.

Good grip

- Windsurfers hold onto the boom (a bar across the middle of the sail) to position the sail and make the board move forwards.
- Strengthen your grip by winding up a beanbag on a length of rope.
- Count each time you raise the beanbag to the broom handle.

Surf zumba

- Surf Zumba is all about accurate foot placement on the board to help you change directions in a tack.
- Step round two beanbags to replicate this movement.
- Count each completed tack.

Health and safety

- **Tacking and gybing** - mind your head on the boom (rounders post).
- **Syncro-jump** - ensure there is enough room between other pairs.
- **Pump the sail** - remove the band before standing up.
- Concentrate and try to stay balanced in all these activities. This will help you complete them more quickly.

Equipment required

Sailing stations

- **Tacking and gybing** - two rounders posts.
- **Syncro-jump** - a pair of parallel lines to jump between.
- **Pump the sail** - long bench and two to three resistance bands.
- **Fast feet** - four to six cones, two per person.

Windsurfing stations

- **Beach start** - gym bench
- **Good grip** - two to three 1.5m long ropes tied to the middle of a short broom handle (0.5m) with a beanbag tied to the other end of the rope
- **Surf zumba** - four to six beanbags, two per person.



FOR YOUNG PEOPLE

Think tactics

How can I pace myself to complete the whole circuit?

Spirit of the Games: Excellence through Competition



Celebrate when you reach a personal best on one or more of the challenges.

SAILING & WINDSURFING – CIRCUIT



Quick introduction

Use the Sailing and Windsurfing Challenge cards to provide circuit activities for 10 stations. The highest individual or team score on the circuit wins.

To view videos/pictures on each exercise follow the link: www.rya.org.uk/go/schoolgames

Getting started

Allocate groups of three or four students at each of the ten stations. Allow 30 seconds for each exercise to be done. Blow the whistle to start and stop the activity. Record each individual's score for that activity before moving the groups on to the next station.



SAILING & WINDSURFING – CIRCUIT



Hints and tips

- Ensure all the exercise stations are well spaced apart to avoid collisions.
- Allow good practice time to ensure pupils have rehearsed the exercises as they will be new to most of them.

Leadership and volunteering opportunities

- Involve young people in a variety of ways:
 - To explain and demonstrate the activity on a station.
 - As timekeepers.
 - To view video clips to check the exercises out.

Officiating

- Officiate and count the repetitions on a station.
- Make sure the exercises are completed properly.

Think Inclusively (STEP)

Space

- **Hiking out** – SEN/disabled athletes sitting or in wheelchairs can reach from side to side trying to touch the floor.
- Allow SEN/disabled athletes to hold onto a solid structure while performing an activity, e.g. a wall bar or table.

Task

- **Syncro-jump** – If appropriate, using two chairs facing each other, allow SEN/disabled athletes to move their bodies from one chair to the other.
- **Surf zumba and Tacking and gybing** – allow SEN/disabled athletes to make changes to the movement patterns to enable them to complete the activity, e.g. reducing the amount of leg bending or body twisting.

Equipment

- **Pump the sail** – tie a resistance band to a gym bar and allow SEN/disabled athletes to perform a sitting row using one or two hands at a time.
- **Fast feet** – if beneficial put the cones on chairs. Allow wheelchair users to sit between cones and score points by alternatively touching them.
- **Good grip** – allow SEN/disabled athletes to hold the broom handle closer to their bodies and reduce the weight on the end of the rope.
- Where appropriate allow SEN/disabled athletes to perform the activities from a sitting position.

People

- If beneficial let SEN/disabled athletes work in a pair.
- Ensure that visually impaired athletes work with a sighted athlete.
- **Surf zumba, Beach start and Board balancing** – allow SEN/disabled athletes to work in a pair and support each other to perform the activity.

