

SURFING

MINOR OBJECTIVES

The student will:

- *identify the basic elements of surf equipment and demonstrate an ability to carry the board effectively and safely*
- *implement practices (including action on leaving the group) to ensure their own and others safety and demonstrate an awareness of hazards that may be encountered in the beach environment*
- *demonstrate the correct techniques of:*
 - *entering the water*
 - *catching a wave (toboggan)*
 - *stopping the board*
 - *trimming the wave*
 - *1-2-3 stand-up*
 - *board control*
 - *use of leash*
 - *appropriate action on wipe-out*
- *identify and demonstrate the correct hand / body position, and exhibit a basic understanding of fault correction.*

MAJOR OBJECTIVES

The student will:

- *demonstrate and refine the skills and techniques outlined in the minor option and demonstrate their ability to catch a wave by paddling*
- *gain a basic knowledge of the history of surfing*
- *describe and apply their knowledge of tides,, wind and weather and understanding of waves in order to maximise their performance and ensure their safety*
- *apply appropriate measures to ensure their own and others safety.*

KAYAKING

MINOR OBJECTIVES

The student will:

- *list and explain the basic safety rules of canoeing*
- *demonstrate an ability to:*
 - *enter and exit kayak correctly*
 - *forward paddle, reverse paddle and stop*
 - *turn in both directions while stationery, using forward and reverse sweep strokes*
- *complete the capsize drill.*

MAJOR OBJECTIVES

The student will:

- *identify potential dangers in the kayaking environment*
- *demonstrate an ability to:*
 - *turn in both directions while stationery using a combination of forward and reverse sweep strokes*
 - *paddle sideways*
 - *use a low brace on both sides*
 - *edge the kayak while it is moving*
- *display an ability to assist in an "Assisted X Rescue".*