

The giant stand up paddleboard is a fun and exciting way for your students to enjoy being on the water. It's a great activity for building confidence on a board through teamwork, balance and coordination.

The aims of this activity are to...

- Introduce SUP and the necessary equipment.
- Allow each participant to experience stand up paddling.
- Ensure participants work together supporting and encouraging each other.
- Provide an opportunity for participants to discuss what they have accomplished.

Learning Outcomes...

Upon completion of the activity, participants will have:

- Demonstrated the ability to listen to, understand and act on instructions received.
- Successfully stood up, paddled and controlled the giant SUP as a team
- Understood the rules of the games and why they need to be followed.
- An understanding of associated hazards.
- Effectively worked in a team supporting their peers throughout the activity and recognising their achievements.
- Contributed to a post activity review led by the instructor identifying what they did well and then suggested ways to improve.

Progression...

Some participants may also:

- Achieve Five Star balance.
- Perform 'team' step back turns
- Take the initiative in evaluating their performance and that of the group.
- Be able to assess risks and understand how these may be controlled.
- In addition, participants should also have developed in the following:
- Interpersonal communication
- Teamwork
- Cooperation