|  |
| --- |
| Surfing – this activity requires students to demonstrate performance in 20minute heatsConditions – Surf must be no less than waist high  |
| Element Skill  | The student effectively demonstrates the following elements and skills to enable full participation | Tick each time observed - DATE | The Student consistently and effectively demonstrates the following elements and skills to enable full participation  | Tick each time observed - DATE | The Student consistently and effectively and in an accomplished manner demonstrates the following elements and skills to enable full participation | Tick each time observed - DATE |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Paddling and take off including | * Identifies the safe point of entry into the water
* Displays correct positioning and body posture while lying on the surfboard
* Performs the push up technique to get over waves
* Performs the eskimo roll technique to go under larges waves
* Takes off on an unbroken waves and drops straight down the face
 |  |  |  |  |  | * Identifies the safe point of entry into the water
* Displays correct positioning and body posture while lying on the surfboard
* Performs the push up technique to get over waves
* Performs the eskimo roll technique to go under larges waves
* Takes off on an unbroken waves and drops straight down the face
 |  |  |  |  |  | * Identifies the safe point of entry into the water
* Displays correct positioning and body posture while lying on the surfboard
* Performs the push up technique to get over waves
* Uses duck dives to get under large waves
* Uses rips to get out the back quicker
* Displays good waves knowledge and positioning on the peak
* Can turn the board out the back in a seated position
* Performs a committed take off on the peak of an unbroken wave and angles down the wave face
 |  |  |  |  |  |
| Standing Up and riding the Surfboard | * Jumps up on the surfboard using the knee method.
* Displays the correct stance while riding unbroken waves
* Performs a basic bottom turn
* Ends the ride in control by keeping hold of the surfboard.
 |  |  |  |  |  | * Jumps up on the surfboard without using the knees in one smooth movement
* Displays the correct stance while riding unbroken waves
* Shows good trim position and weight distribution
* Performs basic forehand and backhand top turns on the open face
* Ends ride in a control by kicking out the back wave
 |  |  |  |  |  | * Consistently catches the best set waves
* Jumps up on the surfboard without using the knees in one smooth movement
* Displays the correct stance while riding unbroken waves
* Shows good trim position and weight distribution
* Body and hand position and weight distribution to accelerate/decelerate
* Rides the waves along the open face and completes both top and bottom turns with speed power flow
* Completes and combination of at least 2 surfing maneuvers ei: cut back, tube ride, floater re-entry, chop hop,
* Ends ride in a control by kicking out the back wave
 |  |  |  |  |  |

Pegasus Surf Academy

Energizing & Empowering young surfers to achieve with Speed Power and Flow in the most critical sections across and throughout education.

|  |  |  |
| --- | --- | --- |
|  | Land Session | Water Session |
|  | Competency | Task | Competency | Task |
| 1 | * Identifies the safe point of entry into the water
* Displays the correct stance while riding unbroken waves
 | 20min* Explain rips and tidal patterns of 3 different beaches

20min* Core Fitness Skills

20min* Skate Board training

- <https://vimeo.com/121516308> | * Displays correct positioning and body posture while lying on the surfboard
* Performs the eskimo roll technique to go under larges waves
* Takes off on an unbroken waves and drops straight down the face
* Performs the push up technique to get over waves
* Ends the ride in control by keeping hold of the surfboard.
 | * Warm ups
* Explain rips and tidal patterns of beach out front
* Beach pop ups
* Paddle out the back
* Catch 10 waves
* Rehash Stance
* Beach Pops
* Catch 10 waves
* Debrief
 |
| 2 | * Identifies the safe point of entry into the water
* Displays the correct stance while riding unbroken waves
 | 5min* Explain & identifies rips and tidal patterns of 3 different beaches

20min* Core Fitness Skills

35min* Skate Board training
* <https://vimeo.com/121516308>
* with top turn slide
 | * Jumps up on the surfboard using the knee method.
* Displays the correct stance while riding unbroken waves
 | * Warm ups
* Explain & Identify rips and tidal patterns of beach out front
* Beach pop ups
* Catch 10 waves
* Rehash Stance
* Beach Pops
* Catch 10 waves
* Debrief
 |
| 3 | * Performs a basic bottom turn
 | 20min* Core Fitness Skills

40min* Skate Board training
* Bottom turn, top turn, Wrap around
* <https://vimeo.com/121516308>
* with top turn slide
 | * Performs a basic bottom turn
* Jumps up on the surfboard using the knee method.
* Displays the correct stance while riding unbroken waves
 | * Warm ups
* Explain & Identify rips and tidal patterns of beach out front
* Beach pop ups – Throw and jump
* Catch 10 waves
* Rehash Stance, Speed Generation
* Beach Pops
* Mind surf turns
* Catch 10 waves

Debrief |
| 4 | * Shows good trim position and weight distribution
* Performs a basic bottom turn
* Performs basic forehand and backhand top turns on the open face

Ends ride in a control by kicking out the back wave | 20min* Core Fitness Skills

40min - arms* Skate Board training
* Bottom turn, top turn, Wrap around
* <https://vimeo.com/121516308>
* with top turn slide
 | * Shows good trim position and weight distribution
* Performs a basic bottom turn
* Performs basic forehand and backhand top turns on the open face

Ends ride in a control by kicking out the back wave | * Warm ups
* Explain & Identify rips and tidal patterns of beach out front
* Beach pop ups

Throw and jumpBottom Turn Top Turn* Catch 10 waves
* Longest ride Comp
* Rehash Stance, Speed Generation
* Beach Pops
* Mind surf turns
* Catch 10 waves

Debrief |
| 5 | * Shows good trim position and weight distribution
* Performs a basic bottom turn
* Performs basic forehand and backhand top turns on the open face

Ends ride in a control by kicking out the back wave | 20min* Core Fitness Skills

40min - arms* Skate Board training
* Bottom turn, top turn, Wrap around
* <https://vimeo.com/121516308>
* with top turn slide
 | * Shows good trim position and weight distribution
* Performs a basic bottom turn
* Performs basic forehand and backhand top turns on the open face

Ends ride in a control by kicking out the back wave | * Warm ups
* Explain & Identify rips and tidal patterns of beach out front
* Beach pop ups

Throw and jumpBottom Turn Top Turn* Catch 10 waves
* Longest ride Comp
* Rehash Stance, Speed Generation
* Beach Pops
* Mind surf turns
* Catch 10 waves Display correct technique on bottom turns and top turns

Debrief |
| 6 | * Shows good trim position and weight distribution
* Performs a basic bottom turn
* Performs basic forehand and backhand top turns on the open face

Ends ride in a control by kicking out the back wave | 20min* Core Fitness Skills

40min - arms* Skate Board training
* Bottom turn, top turn, Wrap around
* <https://vimeo.com/121516308>
* with top turn slide
 | * Displays good waves knowledge and positioning on the peak
* Can turn the board out the back in a seated position
* Performs a committed take off on the peak of an unbroken wave and angles down the wave face
 | * Warm ups
* Explain & Identify rips and tidal patterns of beach out front
* Catch 10 close out waves
* Rehash Stance, Speed Generation
* Beach Pops
* Mind surf turns
* Catch 10 waves Display correct technique on bottom turns and top turns

Debrief |
| 7 | * Shows good trim position and weight distribution
* Performs a basic bottom turn
* Performs basic forehand and backhand top turns on the open face

Ends ride in a control by kicking out the back wave | 20min* Core Fitness Skills

40min - arms* Skate Board training
* Bottom turn, top turn, Wrap around
* <https://vimeo.com/121516308>
* with top turn slide
 | * Displays good waves knowledge and positioning on the peak
* Can turn the board out the back in a seated position
* Performs a committed take off on the peak of an unbroken wave and angles down the wave face
 | * Warm ups
* Explain & Identify rips and tidal patterns of beach out front
* Catch 10 close out waves
* Rehash Stance, Speed Generation
* Beach Pops
* Mind surf turns
* Catch 10 waves Display correct technique on bottom turns and top turns
 |
| 8 | * Rides the waves along the open face and completes both top and bottom turns with speed power flow
* Completes and combination of at least 2 surfing maneuvers ei: cut back, tube ride, floater re-entry, chop hop,
 | 20min* Core Fitness Skills

40min - arms* Skate Board training
* Bottom turn, top turn, Wrap around
* <https://vimeo.com/121516308>

with top turn slide * Completes and combination of at least 2 surfing maneuvers ei: cut back, tube ride, floater re-entry, chop hop,
 | * Rides the waves along the open face and completes both top and bottom turns with speed power flow
* Completes and combination of at least 2 surfing maneuvers ei: cut back, tube ride, floater re-entry, chop hop,
 | * Warm ups
* Explain & Identify rips and tidal patterns of beach out front
* The Cut Back to wrap

Catch 10 waves Display correct |
| 9 | * Rides the waves along the open face and completes both top and bottom turns with speed power flow
* Completes and combination of at least 2 surfing maneuvers ei: cut back, tube ride, floater re-entry, chop hop,
 | 20min* Core Fitness Skills

40min - arms* Skate Board training
* Bottom turn, top turn, Wrap around
* <https://vimeo.com/121516308>
* with top turn slide
* Completes and combination of at least 2 surfing maneuvers ei: cut back, tube ride, floater re-entry, chop hop,
 | * Rides the waves along the open face and completes both top and bottom turns with speed power flow
* Completes and combination of at least 2 surfing maneuvers ei: cut back, tube ride, floater re-entry, chop hop,
 | 10 min heats drills3 waves in 10 min |
| 10  | * Rides the waves along the open face and completes both top and bottom turns with speed power flow
* Completes and combination of at least 2 surfing maneuvers ei: cut back, tube ride, floater re-entry, chop hop,
 | * Completes and combination of at least 2 surfing maneuvers ei: cut back, tube ride, floater re-entry, chop hop,
 | * Rides the waves along the open face and completes both top and bottom turns with speed power flow
* Completes and combination of at least 2 surfing maneuvers ei: cut back, tube ride, floater re-entry, chop hop,
 | 10 Min heats 3 waves in 10 min |