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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Surfing – this activity requires students to demonstrate performance in 20minute heats  Conditions – 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.

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| --- | --- | --- | --- | --- |
|  | 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 jump  Bottom 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 jump  Bottom 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 drills  3 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 |