

41: Zen & the art of soul surfing

teachers' notes

This worksheet is as much a teacher reference as anything else. While the content of “how to surf” pep talks will tend to vary according to the perceptions and prejudices of the instructor, there appears to be general agreement about *most* of the points made in the worksheet.

Important information needs to be presented in different ways, more than once, and not necessarily all at once. For example, the information in the first section (“How hard is it to stand up?”) would be most relevant back at school as a way of addressing concerns that first-time surfers may have about their likelihood of success. The information in the second session (“Beach drills”) would be most relevant immediately before students go into the water.

While it is valuable to go into some detail about the technical aspects of standing up before students venture out on boards, this information will become more meaningful once they have made a serious attempt to catch waves.

additional activities

- 1) Ask students to read this worksheet (and perhaps other similar material) and then summarise the keys to standing up in 8-10 points.
- 2) Get students to figure out which is their back foot, using the method described in point 2 of “Beach drills,” either in the classroom or outdoors, depending on which space is most suitable.
- 3) Get students practise “springing to a crouch” indoors or outdoors. Focus on good technique (e.g. springing quickly and crouching low).
- 4) Ask students to review how successful they were standing up, and to explain their success in terms of the key points touched on in this discussion.



Notice how the centre third of the board is horizontal (sitting flat) in the water.

These answers can also be found at www.wipeout.com.au/footprints/answers/