

# A-Z School Games Challenge

## W – Windsurfing Challenge – Circuit

We would love to see you all being active and improving your physical skills, keep us updated (via Twitter) with your efforts using the #StayInWorkOut and tag @ThinkActiveCSW



# WINDSURFING CIRCUIT



Complete the 3 activities below for 30 seconds each.  
Make a note of how many you complete on each station.  
Try this circuit 3 times across the day - can beat your previous score?

### Equipment alternatives:

**Beach start** – use a garden bench, step or stable box.

**Surf Zumba** – use a spare pair of shoes, socks or towels as markers.

**1**

### Beach start

- To start windsurfing from the beach you need to step onto the board out of shallow water whilst balancing the sail above the board.
- Hold your arms up then step up onto a bench counting each complete step up and down.

**2**

### Surf zumba

- Surf Zumba is all about accurate foot placement on the board to help you change directions in a tack.
- Step round two beanbags to replicate this movement.
- Count each completed tack.

**3**

### Board balancing

- Standing on the windsurf board requires core strength and balance to turn the sail and board with your arms, legs and whole body.
- Balance on one leg while performing upper body twists.
- Count the times you twist to the right and left.



### Think tactics

How can I pace myself to complete the whole circuit?



### Spirit of the Games: Excellence through Competition

Celebrate when you reach a personal best on one or more of the challenges.

## Did you know:

Windsurfing is a combination of: **surfing and sailing**

The sport emerged in the early 1970s from the beaches of **California**, and had spread all over the world by the 1980s. The love of this sport expanded even further throughout the 1990s with a boom in the Professional side of the sport.



The first World Championship of windsurfing was held in 1973, and it was introduced to the **Olympic Games in 1984**, with separate competitions for men and women from 1992.

Windsurfing sails and boards come in many sizes. The thinner the board, the faster you will go, and the larger the sail - the more strength you need control it - but you gain more power to go faster. The sport has evolved to the point that experienced sailors have travelled at more than **40 knots**, and have sailed across the **Atlantic Ocean**.

Ever heard of **tandem windsurfing**? This is where two sails are attached to one board. Apart from the fact that turning is hard and you have to be in sync, it's a great way for beginners to pick up a few tips if they share a board with a more experienced windsurfer.

For more information on Sailing & windsurfing clubs visit the RYA website below

<https://www.rya.org.uk/Pages/Home.aspx>

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