



# Blo-karting



## About the activity

An activity exclusive to our surfing centre, Beam House, on the North Devon coast. Blo-karting originated in New Zealand and is best described as land-based windsurfing. Blo-karts are small, easy to manoeuvre and the rider sits in the kart operating the sail and wheel by hand. The activity is perfectly suited for beginners, learning the basics and safe sailing are all within the first lesson. It's an exhilarating and satisfying beach-based activity that your pupils are sure to love!

## Activity aims

### The aim of this activity is to:

- Introduce the skill of Blo-karting, sailing, the necessary equipment and environment.
- Allow each participant to experience Blo-karting.
- Encourage the participants to set goals.
- Ensure participants support and encourage each other to achieve those goals.
- Provide an opportunity for participants to discuss what they have accomplished.

## Progression opportunities

### Some participants may also:

- Improve the quality and consistency of their Blo-karting technique.
- Take the initiative in evaluating their performance and that of the group.

### In addition, participants should also have developed in the following:

- Interpersonal communication
- Teamwork
- Using initiative

## Learning outcomes

### Upon completion of the activity, participants will have:

- Demonstrated Blo-kart manoeuvring techniques to navigate around a course under supervision.
- Used specialist equipment and PPE, understood its purpose and name.
- Demonstrated the ability to listen to, understand and act on instructions received.
- Supported their peers throughout the activity and recognised achievements.
- An understanding of associated hazards, be able to assess risks and understand how these may be controlled.
- Contributed to a post-activity review led by the instructor identifying what they did well and then suggested ways to improve.

## Associated vocabulary

<b>Words relevant to safety</b>	e.g. hazard, personal protective equipment, risk assessment, safety area.
<b>Words relevant to equipment</b>	e.g. Blo-kart, goggles, helmet.
<b>Words relevant to the activity</b>	e.g. Blo-kart, land sailing, beach, sailing circle, beam reach, stopping, sail, speed.
<b>Words relevant to teamwork</b>	e.g. achievement, challenge by choice, communication, encouragement, listening, participation, review, support, discuss