



Dinghy Sailing

learnlink™

About the activity

A dinghy can take up to three pupils plus their instructor, and everyone has a chance to get some hands-on experience. In fact, depending on the weather conditions, your pupils may soon be helping the craft themselves. With good teamwork, it's often possible, given the right conditions, for students to make quick enough progress to begin sailing their craft without an instructor on board – that's a great sense of achievement.

Activity aims

The aim of this activity is to:

- Introduce sailing, the necessary equipment and wind awareness.
- Allow each participant to successfully helm a Funboat/Pico/Feva around a beam reach course.
- Allow each participant to learn to tack or gybe.
- Allow each participant to experience rigging/de-rigging a sailboat.
- Build sailing skills that can be consolidated on further sessions.
- Ensure participants work together supporting and encouraging each other.
- Provide an opportunity for participants to discuss what they have accomplished.

Progression opportunities

Some participants may also:

- Include learning to sail up wind and sailing a triangular course.
- Take part in mini races.
- Attempt to use the five essentials effectively to improve their sailing.
- Be introduced to the gybe manoeuvre.
- Take the initiative in evaluating their performance and that of the group.
- Be able to assess risks and understand how these may be controlled.

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

- Interpersonal communication
- Teamwork
- Problem solving on the water

Learning outcomes

Upon completion of the activity, participants will have:

- Demonstrated the ability to listen to, understand and act on instructions received.
- Basic knowledge of boat parts and how to rig a Funboat/Pico/Feva.
- Understood the basic sailing manoeuvres and wind awareness.
- Understood the basics of rigging/de-rigging.
- Developed an understanding of associated hazards.
- Effectively worked in small teams supporting their peers throughout the activity and recognised their achievements.
- Contributed to a post-activity review led by the instructor identifying what they did well and then suggested ways to improve.

Associated vocabulary

Words relevant to safety

e.g. rules, warm up, risk assessment, safety area, buoyancy aids, helmet, wet shoes.

Words relevant to equipment

e.g. hull, bow, stern, sail, rudder, tiller and tiller extension, mast, boom, mainsheet, bung.

Words relevant to the activity

e.g. tack, gybe, five essentials, sailing up wind, triangular course, beam reach, capsize, wind awareness, rigging, launch, recovery.

Words relevant to teamwork

e.g. achievement, communication, encouragement, listening, participation, review, support, trust, tactics.