



# Keelboat Sailing



## About the activity

Learning the basics of sailing a larger craft is a rewarding experience, taking your pupils out of their normal environment and introducing a new set of skills. They'll learn how (and when and why) to raise and lower the sails, and the importance of the keel that gives the boat its name. Our instructors are RYA qualified and will ensure your pupils get some hands-on experience; steering the boat and getting to grips with all the basic techniques required.

## Activity aims

The aim of this activity is to:

- Introduce sailing, the necessary equipment and wind awareness.
- Allow each participant to successfully helm a keelboat on a beam reach course.
- Allow each participant to learn to tack.
- Allow each participant to sheet in the **gib** sheets and set the sail.
- Ensure participants work together supporting and encouraging each other.
- Provide an opportunity for participants to discuss what they have accomplished.

## 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 keelboat.
- Understood the basic sailing manoeuvres and wind awareness.
- An understanding of associated hazards.
- Effectively worked in small teams supporting their peers throughout the activity and recognising their achievements.
- Contributed to a post-activity review led by the instructor identifying what they did well and then suggested ways to improve.

## 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.
- 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

## Associated vocabulary

**Words relevant to safety** e.g. rules, warm up, risk assessment, buoyancy aid, safety area, wet shoes.

**Words relevant to equipment** e.g. hull, sail, rudder, tiller, mast, boom, mainsheet, mizzen sheets, Keel, engine kill cord.

**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.

Commented [CC1]: Should this be gybe?