**Dragon Boating**

**About the activity**

Manoeuvring and racing a dragon boat demands good coordination and communication of a large team - as many as 24 pupils learn to paddle rhythmically and effectively together in a race across the water. Ultimate success depends on tactics, technique and brute effort - but in the end there are no losers—just a lot of fun, laughter and mutual support along the way.

**Activity aims**

The aim of this activity is to:

- Introduce the sport of dragon boat racing.
- Introduce and develop the skills and techniques required to paddle a dragon boat.
- Allow each participant to visit the water-based environment and explore that environment.
- 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:

- Explored the water-based environment and have an understanding of what it consists of.
- Demonstrated the ability to listen to, understand and act on instructions received.
- Understood the rules of the activity and why they need to be followed.
- Developed an understanding of associated hazards.
- Explored the history of dragon boating, its popularity as a sport and pastime.
- 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.

**Progression opportunities**

Some participants may also:

- Be able to describe what dragon boat racing is and what it entails.
- Understand why the team needs to work together to perform to the best of their ability.
- Understand how to perform efficient forwards paddling.
- 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

**Associated vocabulary**

- **Words relevant to safety**: e.g. boundaries, hazard, risk assessment, risk, rules, safety, PPE.
- **Words relevant to equipment**: e.g. paddle, buoyancy aid, dragon boat, rudder, hull, identification chart, shaft, T grip, blade.
- **Words relevant to the activity**: e.g. beach, jetty, cliff, observe, patterns, tides, adaptation, environment, sea, lake, river, canal.
- **Words relevant to teamwork**: e.g. achievement, communication, co-operation, encouragement, group, individual, listening, participation, review, support.