



Groundswell Lesson plan for SECOND Lesson –

Allow for APPROX 2 hrs instruction, plus ½ hour of preparation for lesson.

- Groundswell Level TWO lesson

- Water Starting

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| H | 1 | Know the power stroke for a water start |
| | 2 | Know the safety rules and theory for water start |
| | 3 | Can put the board on the feet and maintain the correct position for water start. |

- Riding

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| I | 1 | Water start in both directions and ride a short distance |
| | 2 | Come to a controlled stop |
| | 3 | Understand weather forecast, tidal and wind effects |
| | 4 | Determine the wind strength, direction and quality |
| | 5 | Know the right of way rules |
| | 6 | Know equipment set up and choice according to the weather conditions |

WATER
BASED

Lesson End



Groundswell Lesson plan for THIRD Lesson –

Allow for APPROX 2 hrs instruction, plus ½ hour of preparation for lesson.

- Groundswell Level THREE lesson

- Independent Rider

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| J | 1 | Controlling the riding speed by edging |
| | 2 | Toeside edging |
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| K | 1 | Consistently riding in all directions including upwind |
| | 2 | Riding amongst other riders and water users and respect the right of way rules |
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| L | 1 | Changing of direction without stopping |
| | 2 | Making a toe side turn |
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| M | 1 | Making risk assessment and becoming aware of the riding area |
| | 2 | Self-launching |
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| N | 1 | Knowing the theory and the safety rules for jumping |

WATER
BASED

Lesson End

