

## **The National Curriculum & OnBoard**

The OnBoard programme is carefully designed to further develop life skills and has learning at its core.

Sessions give children the opportunity to gain an extensive range of skills and benefits through learning to sail or windsurf. The programme compliments the National Curriculum and provides a variety of valuable life skills that help to build confidence and shape personal development through water activities.

OnBoard is open to anyone aged 8-18.

Sailing and windsurfing cover many areas of the National Curriculum, delivering practical application of academic subjects including geography, maths, and science.

Watersports and outdoor pursuits engage children in key areas of personal and social development as well as character education, including building personal identities, improving communication, and learning to form good relationships.

As well as learning the core skills to get afloat, participants will be developing six key character attributes; Teamwork, Creativity, Communication, Independence, Determination and Confidence.

### **Communication & Teamwork**

Able to listen carefully and offer an opinion, matching language to audience, Capacity to see the world from someone else's perspective

### **Confidence & Creativity**

Happy to learn from mistakes with self belief, Have a good idea when needed and understand how different experiences can be connected

### **Determination & Independence**

Mindset to stick with difficulty, bouncing back after set backs, Can communicate well with others, seeing the world from someone else's perspective

## **Sailing Sessions 1-6 -Developing a growth mindset**

**Aim 1: Challenge yourself to get in a boat, sail to a goal point and return.**

**Skills** – helm steering opposite the sail, holding main sheet, focus on goal point and push tiller towards the sail to turn, safety signals.

**National Curriculum link:**

KS 2 Maths – Describe position, direction and movement, including whole, half, quarter and three-quarter turns

K2 2 PE – Water safety

**Character development:** the ability to remain motivated by long term goals, to see a link between effort in the present and pay-off in the longer term – overcoming and persevering through, and learning from, setbacks when encountered.

**Aim 2: Build confidence sailing between two marks, controlling speed, and tacking**

**Skills** - turning at either end whilst using the sail to control speed, identify direction of wind, stay on course after tacking.

**National Curriculum link:**

KS 1&2 English – maintain attention and participate actively in collaborative conversations, staying on topic and initiating and responding to comments.

**Character development:** highly motivated children driven internally and not by extrinsic rewards show greater levels of persistence and achievement

**Aim 3: Start to sail in different directions, making decisions about sail setting**

**Skills** - sailing in different directions (points of sail) to increase your independence, understand how to lie to, sail towards and away from the wind and adjusting the sail to suit

**National Curriculum link:**

KS 1&2 Science – recognise that some mechanisms, including levers, pulleys, and gears, allow a smaller force to have a greater effect

KS 2 Science – identify the effects of air resistance, water resistance, and friction that act between moving surfaces

**Character development:** high self-efficiency, or self-belief, is associated with better performance, more persistence and greater interest in work

**Aim 4: Make progress towards an upwind goal. Spend time with friends building on teamwork**

**Skills** – develop skills tacking upwind, sail on a broad reach, follow a leader as a group

**National Curriculum link:**

KS 2 Maths – identify right angles, recognise that two right angles make a half turn, three make three quarters of a turn and four a complete turn; identify whether angles are greater than or less than a right angle

KS 1&2 PE – compare their performances with previous ones and demonstrate improvement to achieve their personal best

**Character development:** the learning and habituation of positive moral attributes, for example – integrity, courage, honesty, humility, and generosity

**Aim 5: Learn how to gybe and practise better use of the five essentials**

**Skills** – sail downwind and gybe from broad reach to broad reach, use a set sailing area and mark(s)

**National Curriculum link:**

KS 1&2 English – give well-structured descriptions, explanations, and narratives for different purposes

KS 1 & 2 English – select and use appropriate registers for effective communication

**Character development:** the acquisition of social confidence and the ability to make points or arguments clearly and constructively, listen attentively to the views of others

**Aim 6: Using all the skills you have developed, get creative with your sailing journey**

**Skills** – safely launch and land, sail away to a different location for the day/half day

KS 1&2 PE – take part in outdoor and adventurous activity challenges both individually and within and team

**National Curriculum link:**

KS1&2 Science – pupils should observe and talk about changes in weather and the seasons

KS 1&2 PE – take part in outdoor and adventurous activity challenges both individually and within and team