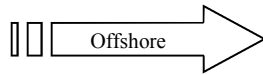


Surfing and Bodyboarding

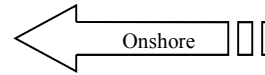
Activity Sheet

Surf Check

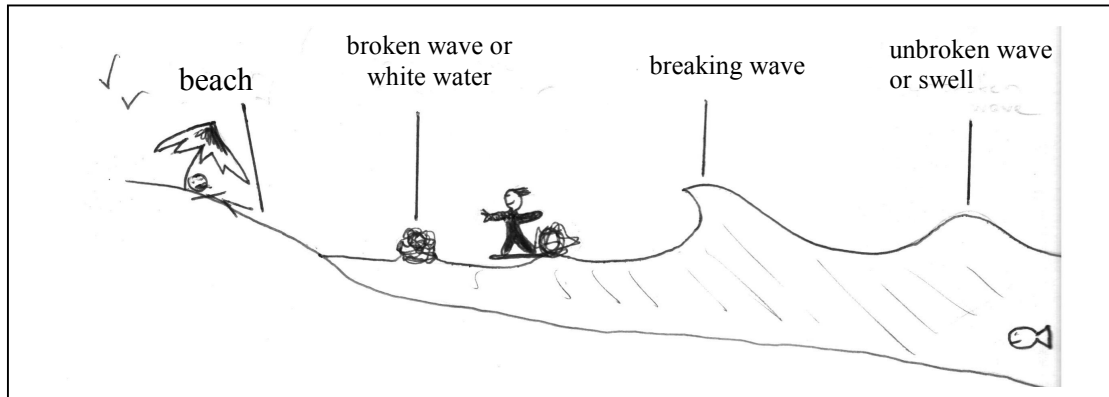
Which way is the wind blowing ?



Offshore wind = clean waves



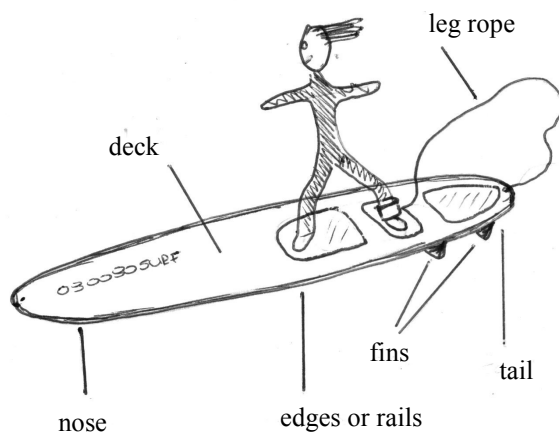
Onshore wind = messy waves



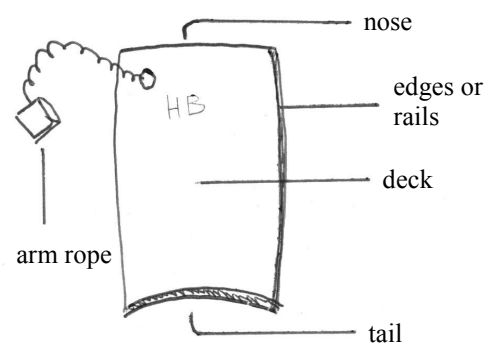
What is the tide ?

HIGH TIDE or LOW TIDE or MEDIUM TIDE

PARTS OF THE BOARD



Surfboard



Bodyboard

How to Stand Up



- 1.** We start paddling.
When the wave comes we keep paddling.
Once we are moving with the wave we put our hands on the deck.



- 2.** Arch your back and push up



- 3.** Slide your feet underneath your body



- 4.** Stand up and ride the wave.