

# U6 Activity Card



## Bodyboard

### Equipment

In-water supervision.  
Bodyboards with leashes.

### Matrix link



### Diagram



### Instructions

The bodyboard is a super fun craft to use in any size wave for Junior Surf participants big and small.

There aren't too many parts to figure out and the paddling stroke is like swimming freestyle. Reaching out in front as far up the board as a participant can and then pulling back down the side of the board until the hand reaches the participant's hip. At this point the hand comes straight up out of the water and reaches forward again.

When introducing bodyboards for the first time it is good to have everyone in a semi-circle with boards on the sand to review the key parts (leash, front, top, bottom) and best position for catching waves (evenly in the middle from the sides with weight distributed so bodyboard floats flat).

Catching a wave

- Stand up holding the board on the sides near the top in two hands.
- Look behind you for an oncoming wave.
- Just before the wave hits you launch yourself forward and kick hard.
- Keep the front of the board out of the water to prevent nose-diving.
- Can also be attempted in a paddling start which needs a big initial kick to catch wave.

### Top tips

- As confidence builds participants can look to do moves and steer their board as the catch waves.
- Body boards can go up over waves or be 'duck dived' under the whitewash like a surfboard.

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## Activities

### Bodyboard beached whales.

- Participants lie on bodyboards at the water's edge, facing into shore holding on to the front near the top with both hands.
- When a wave comes, they float with the wave and stand up as they get 'beached'.
- This can be advanced by participants facing into the waves and attempting to kick and paddle when a wave hits to prevent washing back in.

### Slide and glide.

- This works best when there is a bank or slope into the water but can be done on a flat beach too.
- The aim is to run from the start point across the sand as fast as possible and then 'dive' onto the water with the board slowing down as little as possible.
- Participants minimise their drag by holding body and bodyboard straight, standing up when they stop moving.

### Bodyboard world wave.

- Like a body surfing world wave everyone lines up on the group leader or in-water helper facing in towards shore.
- The person calling or signalling go tells everyone else when to start moving towards shore.
- The first person back to the mark on the land wins or the person who travels the furthest on a single wave.

### Flat water options

#### Splash zone.

- Participants form two lines about 3 meters apart and parallel with each other in the water.
- Everyone has a body board. They place their bodyboards on the water in front of them and push vigorously up and down to make waves.
- One participant at a time the group members paddle down through the waves between their group mates.

#### In and out of the parents.

- In-water parents line up either heading out from shore or parallel from shore roughly two meters apart.
- Participants paddle their boards through the parent's zig zagging from side to side.

- When running in from the waters edge participants should hold the board with two hands to the side of their body rather than in front of them.

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Roll over.

- Participants are in a line parallel to shore.
- They begin paddling towards the other side of their water area.
- The group leader blows a whistle to signal to roll over.
- Participants roll off their board and then recover to start paddling again.