

SURFING

- 1 Imagine zipping up and down the face of a wave on the back of a speeding surfboard. Learning to surf at a surf school can make this a reality.
- 2 Did you know there are more girls learning to surf these days than boys? If you thought surfing isn't a girls' sport, look at Layne Beachley — she's a great surfer and has won seven world championships.
- 3 Most surf schools take place in safe conditions in waist-deep water. If the surf is too big the school will be cancelled for the day. Every lesson is given carefully and slowly, so that everyone can learn at his or her own pace.

### Surfboard

- 4 The first thing you will be given when you attend your lesson is a surfboard. The surf school provides these for you. You will be told to carry it to the beach and lay it fin down on the sand.

If you are dressed correctly and have your sunscreen on, you are ready to go!



### Paddling on the sand

- 5 Lie on your surfboard so that your head and body is covering about three-quarters the length of the board. Your head needs to be held up high so you can see where you are going and be aware of others around you. Your body should be in the centre of the board and your feet placed beside each other over the tail section.

- 6 With your head and torso partly raised, pretend to paddle. Your elbows should be bent and your hands cupped. Make your paddles about as deep as your elbows. You will need to stay fairly rigid on your board when you hit the water.

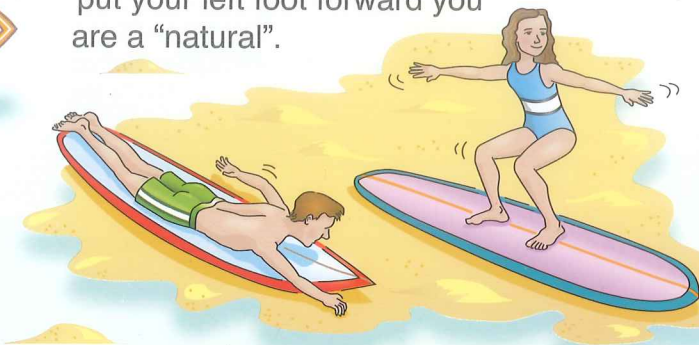
### Standing up on the sand

- 7 You need to paddle quickly to catch a wave. And to maintain control of your board, you need to stand up quickly as well.

To stand up, place your hands flat on your board beside your chest, as if you are about to do a push up. As you are doing this, arch your back and push up, popping your feet below you in one motion. Your feet should be separated slightly further than the width of your shoulders and point along the board's length. This stance may feel uncomfortable at first because your body is sideways on the surfboard.

- 8 If you jump up and naturally put your right foot forward, you are called a "goofy foot". If you

put your left foot forward you are a "natural".



### Hitting the water

- 9 Before entering the water, put your leg rope on. Your leg rope should be fastened to the leg that will be at the rear of the board when you jump up.

Walk into the water holding your board beside you. Look for an easy entry point where the waves are not breaking and there are not too many surfers.

- 10 Jump on your board now and paddle out into slightly deeper water. If you meet fast white water, you will need to do a push up on your board to let the wave roll over your board and under your chest.

Paddle into a position where there is some slow, rolling white water.



## Ready to rock!

- 11 Sit slightly to the back of your board with your legs wrapped around it and wait for a suitable wave. When you see one, aim straight at the beach and start paddling towards the shore. The wave should pick you up. You must paddle strongly and push your weight into the wave when it meets you. If the wave doesn't pick you up, just try again or ask your instructor what went wrong.

If it does pick you up, spend a second or two getting balanced, then jump up using the skills you have been taught.

- 12 Now you're surfing! It will only get better with practice and you can add new skills as you go along. If you don't stand up straight away, don't worry. There are lots of wipe-outs to come — it's just part of the fun of the sport.

- 13 Well, what do you think? How would you go at surfing the waves? Can you see yourself becoming a top surfer like Layne Beachley? Or maybe you just want to get out there and hit the water? Whichever way you go, surfing is a great sport; it's lots of fun and keeps you very fit.

Happy  
surfing!



### Questions

- 1 Surf schools are usually held in  
a deep water.  
b shallow water.  
c waist-deep water.
- 2 When paddling, your feet need to be  
a beside each other.  
b separated for balance.  
c lifted off the surfboard.
- 3 When you are paddling out and meet white water you should  
a do a push up.  
b get ready to jump up.  
c paddle straight into it.
- 4 When you jump up on your surfboard your feet should be separated  
a slightly less than the width of your shoulders.  
b slightly more than the width of your shoulders.  
c as wide as the whole board.
- 5 When catching a wave, you should  
a paddle strongly towards the wave.  
b push your weight into the wave.  
c do a push up to let the white water roll under your chest.
- 6 Imagine that you are a "goofy foot" and looking at the beach as you ride a wave in. Which shoulder would your head be looking over?  
a the right shoulder  
b the left shoulder  
c neither shoulder

### Vocabulary

Match the words from the text to the clues. The brackets show the text sections ( ).

torso rigid arch  
suitable cancelled

- 7 Stopped something from taking place (3)  
8 The middle of your body (6)  
9 Stiff and inflexible (6)  
10 To bend your back (7)  
11 Appropriate (11)

### Alphabetical Order

The following words appear in the text. When placed in alphabetical order, which one would be **first**?

- 12 rise, reality, raised, rope  
13 told, terrific, tail, thought  
14 control, chest, cupped, cancelled  
15 separated, stand, school, surf

### Back To The Text...

- 16 Another good name for this text would be:  
a Surfing for Girls and Boys  
b A Big Day at the Beach
- 17 You find out if you are a goofy foot or a natural foot  
a when you gain lots of experience.  
b when you first jump up.

- 18 The purpose of this text is  
a to tell a story.  
b to give instructions.

### Sequencing

Look back through the card to find what you do first. Choose **a** or **b**.

- 19 a You paddle on the sand.  
b You stand up on the sand.
- 20 a You paddle into position.  
b You put your leg rope on.
- 21 a You jump up on the board.  
b You paddle towards the shore.

### Think About This

- 22 In section 10 the word *paddle* is used as  
a a verb. b a noun. c an adjective.
- 23 How has the illustrator highlighted new sections?  
a by using colour  
b by using an image related to the theme of the text

### Challenge Option

Research: Try to find the names of three surfing champions.

