



## DOG & BONE

### AT A GLANCE

Two kids, representing their teams, run to the centre of the playing space and attempt to grab an item and return it to their safe zone before being tagged by their opponent.

### BENEFITS

- Develops agility
- Sharpens listening skills
- Promotes teamwork

### WHAT YOU NEED

- A wide, open beach space away from other users.
- Several soft items
- Minimum of six

### WHAT TO DO

- Set up two 'safe' zones about 15 to 20 metres apart by marking boundary lines in the sand. Place one soft item exactly in the middle of the two zones.
- To create two even teams, ask each kid to pair with another who is of similar height. Number each pair off (1, 2, 3, etc), so each partnership is aware of the number they have been assigned. Next, ask one partner to move to your left and the other to move to your right – you now have two teams.
- Explain that each team will start by sitting (or standing) directly behind the line of their safe zone. When a kid hears their number called, they race into the centre of the playing space and attempt to grab the soft item and return to their safe zone without being tagged.
- Explain that if a kid manages to return to their zone without being tagged, they earn a point for their team. If, however, they get tagged, a point is earned by their opponent.
- Continue to call out a series of numbers, in random order, giving every kid several rounds in which to compete.

### LEADERSHIP TIPS

- Alert your group to the potential of heads colliding in the centre as two kids bend down in an attempt to pick up the soft item at the same time.
- This exercise requires rapid responses. Discuss how quick responses are often required when surfing.

### VARIATION

- Set up two or more soft items in the centre of the playing space, and call out multiple numbers for each round.



# FOLLOW THE SURFER

## AT A GLANCE

One kid watches a group moving in exactly the same manner, and attempts to guess which one person is leading the series of changes in the group's movements.

## BENEFITS

- Sharpens observation skills
- Highly interactive

## WHAT YOU NEED

Minimum of ten participants.

## WHAT TO DO

- Ask your group to form a circle.
- Explain that one person will soon be designated as the 'Surfer' whose role is to initiate a series of movements which the rest of the group will copy.
- The aim for all other kids is to closely follow the Surfer's various movements exactly, and adopt any changes as soon as they become aware of them.
- Ask for a volunteer to be the first 'Detective.' They will be asked to move away and turn their back to the rest of the group for 15 seconds while the Surfer is secretly nominated (often by volunteering or others silently pointing to them in agreement).
- Upon nominating the Surfer, ask this person to start initiating a series of movements, such as flapping his or her arms, poking out their tongue or walking in a particular way.
- As soon as the rest of the group has started to imitate the Surfer, ask the Detective to face the group and enter inside the circle. Their objective is to identify who the Surfer is within five 'official' guesses.
- The group will continue to copy the current movement at all times, while secretly stealing a glance at the Surfer (or other early-adopter) from time to time to pick up any changes in the movement.
- Encourage the Surfer to change his or her movements every ten seconds or so (when the Detective is not looking). Big moves are best and the most fun to watch.
- Once the Surfer is correctly identified, ask for a new kid to volunteer to be the next Detective. Play several rounds.

## LEADERSHIP TIPS

- The exercise is a brilliant introduction to a conversation about observing subtle changes; for example, the impact small changes in the surf, the weather and wave patterns can make on our decisions.
- There is also value in discussing the impact subtle changes in our behaviour and facial expressions can have on the 'information' we read about our friends and others, e.g. when they are experiencing difficulty in the water.

## VARIATION

Rather than a circle, invite the group and the Detective to mingle within a designated area.



# HANG TEN CIRCLE

## AT A GLANCE

Standing with feet on the sand and holding hands firmly in a circle, everyone leans out as far as they feel comfortable, while supported by the rest of the group.

## BENEFITS

- Passive stretching
- Promotes teamwork
- Teaches balance

## WHAT YOU NEED

Minimum of eight participants.

## WHAT TO DO

- Ask your kids to form a perfect circle (very important), and then firmly grasp the hands or wrists of their neighbours.
- Advise your group that a good, strong, yet comfortable grip is essential, because you may apply pressure to it for up to 30 seconds or more.
- Stretch the circle out, not quite to its limits, but certainly, all arms should be extended.
- Now, with feet placed together and securely planted in the sand, instruct everyone to slowly and gently lean backwards.
- Suggest that it may be necessary to adjust the position of some people's feet so that every kid can support the weight not only of their immediate neighbours, but that generated by the whole group.
- A group will rarely 'get this' first-off, but with perseverance (and a few collapses!) it will normally succeed.

## LEADERSHIP TIPS

- Sometimes, you may wish to re-distribute the abilities (height, size, strength, etc) of your kids to assist the group to achieve a perfect 'hang ten'!
- The ultimate goal is for most if not all of your kids to experience a feeling of total support, i.e. as if they could 'hang' in this position all day without effort. No matter the size, shape or abilities of your group, this exercise just takes a little co-operation and an acceptance that everyone is different – therein lies the lesson.
- This exercise also teaches that balance takes time to develop, and sometimes just small adjustments can make a big difference to the result - which is a useful understanding when it comes to surfing.

## VARIATION

With an even number of people, ask that every second person leans in on "Go," while every other person leans out of the circle as above. Once equilibrium is reached, ask that the positions are swapped, but moving from this new alternate position.



# Yoga - Balancing act

## AT A GLANCE

In a circle, balancing in various positions until time is up or last one standing.

## BENEFITS

- Develops co-ordination
- Mindfulness and awareness
- Develops confidence
- Enhances balance ability
- Promotes general health and wellbeing

## WHAT YOU NEED

- To do a brief warm up prior (eg: 100m jog/run)
- A wide, open beach space away from other users.

## WHAT TO DO

- Ask the group to form a circle with you, standing up
- Explain the goal of using yoga to stretch our muscles
- Go through 4-5 poses found on [www.surfgroms.com/lessonplans/warmups/yoga](http://www.surfgroms.com/lessonplans/warmups/yoga)
- Explain during and in between poses why this is beneficial to surfing health
- Provide assistance and/or tips for Groms where required
- Discuss with Groms what benefits they can recall of doing yoga/stretching

## LEADERSHIP TIPS

- Explain that if it feels too uncomfortable, stop and ask for help
- Be sure to demonstrate each stretch before Groms attempt it to ensure correct muscle stretching
- Explain that it's ok to lose balance, and it's about practicing to improve

## MINIGROMS

Focus their attention on giving it their best attempt and watching older Groms or the coach demonstration. If they aren't balancing well, ask them to keep trying to come back.

## VARIATION

Invite higher-skilled kids to focus on their breathing and going deeper on the out breath.