Can you remember the meaning of the new words from Topic 1?

Match each word to its definition.

<table>
<thead>
<tr>
<th>Key word</th>
<th>Meaning</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sustainability</td>
<td>To complete something without help from anyone.</td>
</tr>
<tr>
<td>Perseverance</td>
<td>Organisms that grow in water.</td>
</tr>
<tr>
<td>Courage</td>
<td>To care for something.</td>
</tr>
<tr>
<td>Resilience</td>
<td>The concept of being able to use or do something for a long time without running out of resources or damaging the environment.</td>
</tr>
<tr>
<td>Single-handed</td>
<td>To keep trying, even when it might be difficult.</td>
</tr>
<tr>
<td>Algae</td>
<td>Doing something that might scare you.</td>
</tr>
<tr>
<td>Stewardship</td>
<td>Getting through a difficult time, being strong on the inside and trying your best.</td>
</tr>
</tbody>
</table>

Search for words!

Find the races and boats in the word search.

b q r m v u s a o z u v h s v
f u a m y a r m p x n j y t
c p j z q q i y h d u z g q g
a x i p a m e r i c a s c u p
t k l l e d z r f r z x x d a
a d i w i t z v c t j d j l p
m i k t v q t p v m g r q n l
a n t h e o c e a n r a c e c
r g q q b s b f z y h m v x p
a h o r l q u o l y m p i c s
n y s l y h i r a s a z x n i
i n o j x e m q f n k x t n w
j x l c u q o o w i d i a m z
s z h o d b c s w f n f f e y
u b g x h p a e q s u g y f r

The name game

This is an Optimist. Can you label its parts?
Quiz time!
Let’s see what we remember from Topic 1: Race with World Sailing!
This is a 2 person team multiple choice quiz. Read each question and decide which answer your team thinks is correct. Check with your instructor for the answers!

1. When did World Sailing start?
   a. 1905
   b. 1906
   c. 1907

2. What is the name of the goals that aim to solve extreme poverty, fix climate change and fight inequality and injustice?
   a. United Nations Environmental Goals
   b. United Nations Sustainable Development Goals
   c. United Nations Eco-Development Goals

3. Which of the races that you learnt about in Topic 1 is the oldest?
   a. The Ocean Race
   b. The Olympic Games
   c. America’s Cup

4. Which of the races that you learnt about in Topic 1 is the longest?
   a. SailGP
   b. The Ocean Race
   c. America’s Cup

5. Which of the boats that you learnt about in Topic 1 is the fastest?
   a. F50
   b. IMOCA 60
   c. VO65

Debrief time
My favourite class of boat is the ________________________ because ________________________

I like ________________________ race because ________________________

2 things that I can do to become a more sustainable sailor are:

1. ________________________

2. ________________________
Can you remember the meaning of the new words from Topic 1?
Use the first letter to complete each word, then match the definitions.

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<tr>
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<tr>
<td>R________</td>
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</tr>
<tr>
<td>S---h_____</td>
<td>To keep trying, even when it might be difficult.</td>
</tr>
<tr>
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</tr>
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Search for words!
Find the races and boats in the word search.

pwa world tour
windsurfing
the ocean race
dinghy
americas cup
the olympics
catamaran
kitesurfing

The name game
This is a Laser, a class of boat raced in the Olympics. Can you label its parts?

| Main sail | Hull |
| Tiller   | Rudder |
| Mast     | Daggerboard |
| Boom     |       |
Quiz time!

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6. How many sailing events are there in the Olympic Games, where you can win an Olympic medal?
   a. 5
   b. 10
   c. 14

7. How many times has Dee Caffari single-handedly sailed non-stop around the world?
   a. 1
   b. 2
   c. 3

8. Who does Yago Lange sail with in the Olympic Games?
   a. his father
   b. his sister
   c. his brother

9. Bonus question!
   List 2 things that make someone a top sailor

Debrief time

I’d like to sail a __________________ because __________________

I’d like to compete in __________________ race because __________________

2 skills I need to develop to become a top sailor are:

1. __________________ because __________________

2. __________________ because __________________

2 things I can do to become a more sustainable sailor are:

1. __________________

2. __________________
Can you remember the meaning of the new words from Topic 1?

Read each definition and write in the word.

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pwa world tour  windsurfing  the ocean race  americas cup  dinghy

w t i o p r h u c a t l b f v n e x k z c t u r b
s x f q v i g k y m n x h u z p s f r j y l w k
a d z n m d k a b u k i t e s f i r g h i s
y i v t f b i v x h t v y b c o c d n f s g o n q
z n o a s k i f f s o h k m y u k a r l i r h d j
i g u z g h z m c l u b e t g l v t b l u y b s t
i h b v e c o s r p t c b o f z i g r y m p c u x
x y f b v j i r x r g s d w l c h x e z q s a d r v
k p h t m i g a w n i c a a d e g s t p o e b f c
c d x u z n s d h z h b g n y a x z l b h i i n
q i o h e p l x e p e q f y h d e n d g k y g n m
j k v a b f w n b g c j k o v o x j r w z h v g k
a a m e r i c a s c u p h s u h e a y a d w z k m
m c h u s b t y n w z d f k f g e b u n f c t r u t
p y e c g a d k l o f x a r s i v a i n h e j h b
o z q a f s u e b z r h v h w f s m g u b o z
l d t y v r z s r m h l a e p w m k k u o a m c
g u s x p e o k s e k f d j r c t d c h f l h l q
f w p o y h s g i l f p f t r s k l o c y b s j
z i f q n a t e q d u c h u o t p i y k r m x n p
y c m y c s o j m b y f b f g u z g a d y p z e v
l b c a t a m a r a n v n x o b r h s f u i m t b
r j n x d k z h w f z g c l k x k i m r n c l p y
e s i c p x c w h y j p x a t v o q b f z s r k h
b d f r h r b u f m s y k r g u h d x c j a u w

The name game

Here is a Laser and an iQFOIL.

Can you use the words in the box to label their parts?

### Laser

- **Main sail**
- **Boom**
- **Out Haul**
- **Foil**
- **Mast**
- **Down Haul**
- **Strap**
- **Fin**

### iQFOIL

- **Main sail**
- **Mast**
- **Hull**
- **Daggerboard**
- **Tiller**
- **Boom**
- **Rudder**
Quiz time!
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   c. America’s Cup

5. For 1 of the races can you remember 1 fact about sustainability?

   ____________________________

Debrief time
I’d like to sail a ____________________________ because ____________________________

I’d like to compete in ____________________________ race because ____________________________

2 individual skills I need to develop to become a top sailor are:

   ____________________________ because ____________________________

   ____________________________ because ____________________________

I want to become a more sustainable sailor because ____________________________