

CLIL AND OUTDOOR ACTIVITIES: SUP



SUP is an acronym that's short for, Stand Up Paddle Boarding Easy to learn. Unlike other sports, such as surfing, paddle boarding can be quickly learnt. With some saying it only takes an hour to master the techniques, paddle boarding doesn't require years of practise to become a seasoned pro, allowing you to spend more time enjoying the water and less time learning how to.

HISTORY

Back in 3000 B.C., Peruvian fishermen used Caballitos de Totora when fishing.

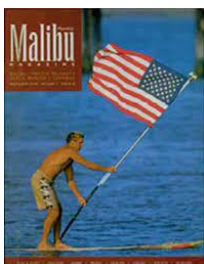


The Caballitos de Totora is one of the ancient ancestors of what we now know as a paddle board. The watercraft was made out of reeds and steered by bamboo shafts.

By 1778, the British explorer Captain James Cook discovered how the Hawaiian Polynesians were some of the world's first surfers. The most skilled in wave riding was their Chief. So he possessed the best board and paddle combo to dance with the waves.

Two centuries later, paddle boarding began to sink its roots to notoriety. Duke Kahanahoku, Leroy, and Bobby Ah Choy are Waikiki surf instructors who were looking for better ways to take photos of their students. The inspiration came in the form of John "Pops" Ah Choy chilling on a large surfboard gliding on the water with a kayak paddle on hand.

Ultimately, a famous photo would shoot paddle boarding to popularity. In 2002, famous surfer Laird Hamilton shredded those waves on a large paddle board while steering with the American flag.



With this innovation, the production of paddle boards increased significantly and companies discovered different materials well-suited for their construction and design.

There are different paddle boards:



All Round

These are the most common type of paddle boards out there. Usually larger in width, with a large deck pad, stability and balance are much easier to achieve.



Inflatable

You can roll this up to the size of a sleeping bag for easy storage. It is in PVC .

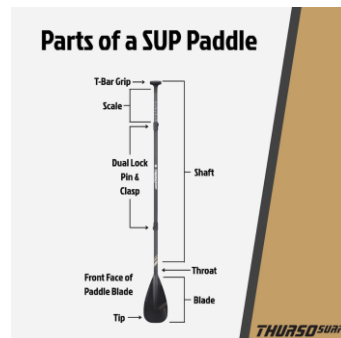
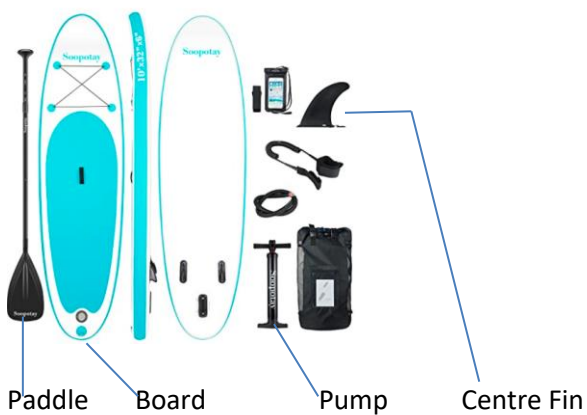


Solid Paddle Board Construction

Solid paddle boards are actually the most common. Construction of these boards uses an Expanded Polystyrene Foam, as a core and then, they wrap this foam core in different kinds of materials:

Plastic; Foam; Wood; Fiberglass;Carbon

Equipment: Stand up paddle board; centre fin; sup paddle.



Answer the following questions:

1. What does SUP mean?
2. What is a Caballitos the Totora?
3. How many different types of boards do you know?
4. Are they made of the same material?
5. What are the most common boards?
6. What are the parts of the sup paddle?