

**Newport-Mesa Unified School District
Office of Secondary Curriculum and Instruction
High School Course of Study**

Course Title	Competitive Sailing				Course Code	PS528	
Transcript Title:	Competitive Sailing		Grades Levels:	9-12	Board Adoption Date:	9/8/2015	
Content Area:	Physical Education		GPA Scale:	4.0	Date Course Submitted:	8/24/2015	
Credential Req:		Graduation Subject Areas:		PE	Electives		
UC/CSU "A-G" Area Approvals:		NA		School Site that wrote and submitted the course:		NHHS-Boulton	
Recommend Skills):	Swimming ability. Students must be able to swim 50 yards and tread water for five minutes. This prerequisite will be validated in class during the first week of the course. Competitive sailing experience or demonstrated ability.						
Next course(s):	NA						

COURSE DESCRIPTION:

Competitive Sailing is an intermediate/advanced course by tryouts only. Students will develop the skills and techniques related to competitive co-ed doubled-handed dinghy sailing, singlehanded sailing, team racing and small keelboat sailing. Students will also improve knowledge of boating safety, nautical vocabulary, seamanship skills and the racing rules of sailing. Students are exposed to sailboat racing through classroom lectures, on-the-water practice and field trips.

Students improve appreciation of sailing through classroom lectures and discussions, on-the-water practice, video review and event fieldtrips.

Regular practice will use small dinghies and small keelboats with instructor supervision and direction from small outboard safety boats.

GOALS:

- Students will develop technical skills required for small boat sailing
- Students will improve physical and mental abilities needed for competitive sailing
- Students will develop critical thinking and reasoning skills

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- Students will develop team building, leadership and group dynamics skills
- Students will study the racing rules of sailing in theory and practice
- Students will learn to responsibly care for boats, sails and other equipment
- Students will learn how to rig and tune their boat for racing trim.
- Students will learn to assess weather conditions including wind, swells, currents, tide and waves.
- Students will understand the value of boating safety and learn to recognize and avoid dangerous situations
- Students will enhance their appreciation of environmental issues and stewardship

California Content Standards:

Physical Education Model Content Standards for California Public Schools – High School Course 1, 2, 3A – Adventure Outdoor/Activities and 4A-

Course 1: Sailing (9-12)

Standard 1: Students demonstrate knowledge of and competency in motor skills, movement patterns, and strategies needed to perform a variety of physical activities. (1.2, 1.4, , 1.5, 1.6, 1.9, 1.10, and 1.12)

Standard 2: Students achieve a level of physical fitness for health and performance while demonstrating knowledge of fitness concepts, principles, and strategies. (2.3, 2.5, 2.9, and 2.10)

Standard 3: Students demonstrate knowledge of psychological and sociological concepts, principles, and strategies that apply to the learning and performance of physical activity. (3.1, 3.2, 3.3, 3.4, 3.6, 3.9 and 3.10)

Course 2: Sailing (9-12)

Standard 1: Students demonstrate knowledge of and competency in motor skills, movement patterns, and strategies needed to perform a variety of physical activities. (1.3, 1.5, 1.6 and 1.12)

Standard 2: Students achieve a level of physical fitness for health and performance while demonstrating knowledge of fitness concepts, principles, and strategies. (2.2, 2.3, 2.4, 2.5, and 2.10)

Standard 3: Students demonstrate knowledge of psychological and sociological concepts, principles, and strategies that apply to the learning and performance of physical activity. (3.3, 3.5, 3.6, 3.8 and 3.9)

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Course 3A - Adventure/Outdoor Activities: Sailing (9-12)

Standard 1: Students demonstrate knowledge of and competency in motor skills, movement patterns, and strategies needed to perform a variety of physical activities. (1.2, 1.3, 1.4 and 1.5)

Standard 2: Students achieve a level of physical fitness for health and performance while demonstrating knowledge of fitness concepts, principles, and strategies. (2.1, 2.3, and 2.4)

Standard 3: Students demonstrate knowledge of psychological and sociological concepts, principles, and strategies that apply to the learning and performance of physical activity. (3.1, 3.2, 3.4, 3.6, 3.7, 3.8 and 3.9)

Course 4A - Advanced Adventure/Outdoor Activities: Sailing (9-12)

Standard 1: Students demonstrate knowledge of and competency in motor skills, movement patterns, and strategies needed to perform a variety of physical activities. (1.1, 1.2, 1.3 and 1.4)

Standard 2: Students achieve a level of physical fitness for health and performance while demonstrating knowledge of fitness concepts, principles, and strategies. (2.1 and 2.2)

Standard 3: Students demonstrate knowledge of psychological and sociological concepts, principles, and strategies that apply to the learning and performance of physical activity. (3.1, 3.2 and 3.3)

Evaluation:

Student achievement will be measured using multiple assessment tools including but not limited to: student attendance, participation, attitude, involvement, evolution of skill over time, teamwork, leadership and sportsmanship.

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Unit 1

Equipment & Safety

Safety Equipment (life jackets, bailers)

Personal gear – clothing and sun protection

Boats

Rigging

Trailer

Knots

Unit 2

Review Small Boat Sailing Skills

Tacking & Gybing

Roll tacking

Mark Rounding Skills

Team Work

Unit 3

Fundamentals of the racing start

Timing

Positioning

Offensive/defensive tactics

Unit 4

Physical Conditioning

Strength training and conditioning: 30 minutes

Cardiovascular training and conditioning: 30-45 minutes

2-4 mile endurance run (once per week)

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Cardiovascular Evaluation: One mile timed run

Bimonthly Physical Assessment to track students' progress

Unit 5

Skill Development

Starting drills

Racing drills

Unit 6

Racing Tactics

Upwind

Reaching

Downwind

Unit 7

Rules of the Road, Racing Rules, Protests and Appeal

Rules of the Road vs Racing Rules

How to prepare a written protest

How to prepare mentally to present a protest

Unit 8

Reading Bay, Ocean and Lake Condition

Weather Patterns (High and Low Pressure Systems, "Squalls", Thermal Winds, etc.)

Wind

Swells

Currents

Tide

Waves

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Unit 9

Team Racing Fundamentals

Format

Winning combinations

Team Racing Rules

Guest speakers

Schedule:

All units will be taught throughout the year.

Support -- for students who are struggling with the content

Content: Content requirements may be modified to accommodate students' physical challenges and/or learning disabilities.

Process: Students are paired up with other students during on-the-water activities for support.

Product: Students physical execution during on-the-water activities will be modified. Students will work collaboratively in groups of two or more.

Differentiation Extension – for high achieving students.

Content: Students may be expected to demonstrate more challenging techniques in their on-the-water activities.

Process: Students may be given leadership roles to support students who may be struggling.

Product: Students may be given the opportunity to support struggling students. Students may be required to demonstrate more challenging techniques in their choreography presentation. Students will lead a discussion on a sailing related topic of their choice and will be responsible for the entire process and delivery.