



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

Match each word to its definition.

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

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	u	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 ocean race
americas cup

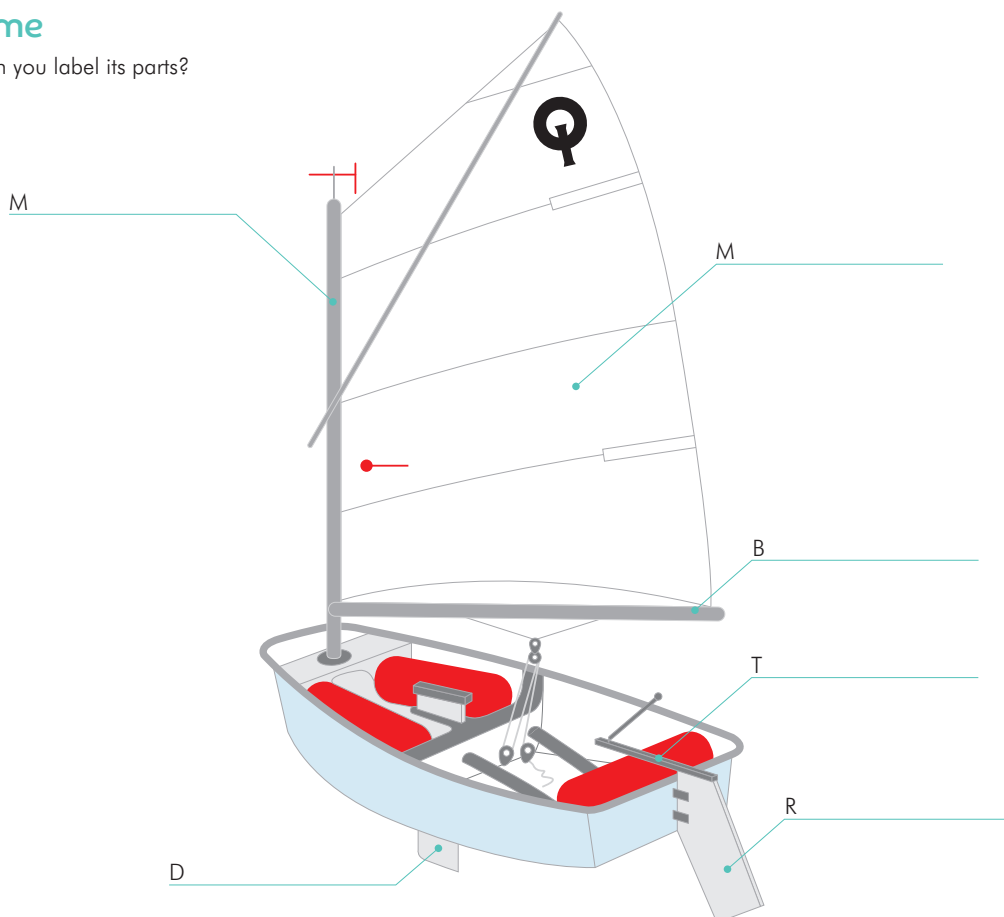
dinghy
skiff

kitesurfing
olympics

catamaran
imoca

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.

Key word		Meaning
S_____		To complete something without help from anyone.
P_____		Organisms that grow in water.
C_____		To care for something.
R_____		The concept of being able to use or do something for a long time without running out or damaging the environment.
S____-h____		To keep trying, even when it might be difficult.
A_____		Doing something that might scare you.
S_____		Getting through a difficult time, being strong on the inside and trying your best.

Search for words!

Find the races and boats in the word search.

pwa world tour
windsurfing
skiff

the ocean race
dinghy
imoca

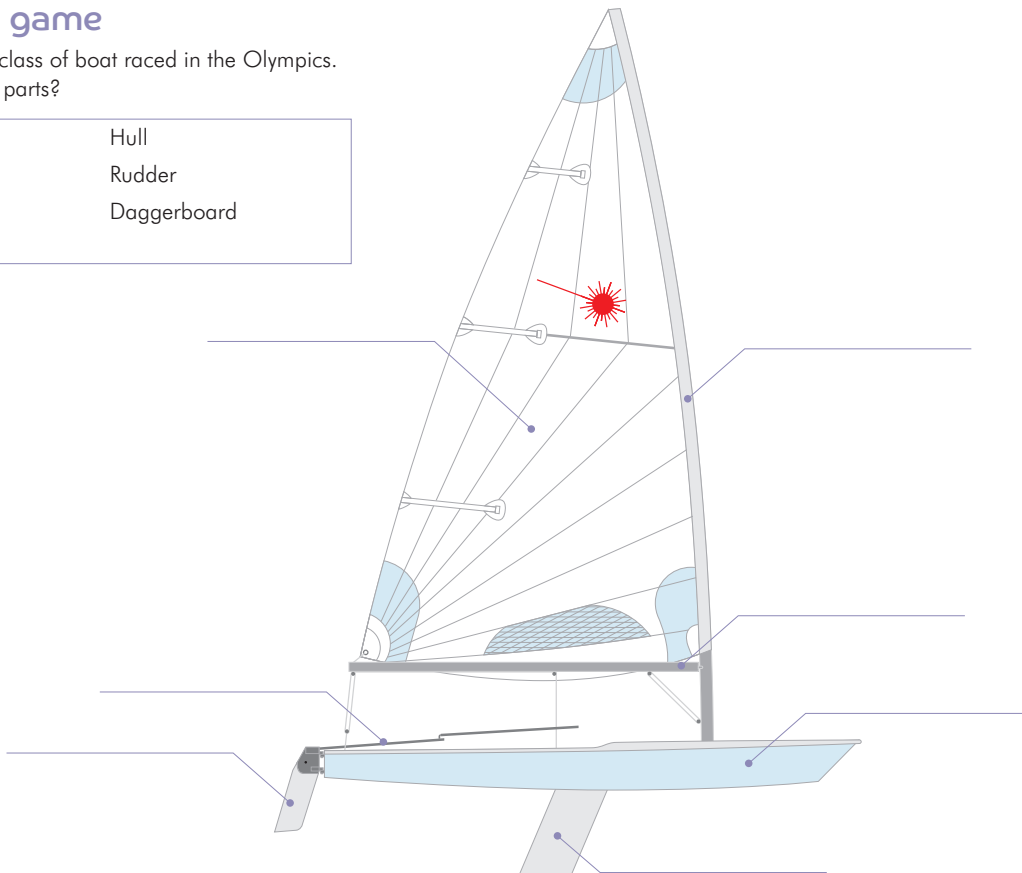
americas cup
catamaran
kitesurfing

olympics

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	





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- a. F50
- b. IMOCA 60
- c. VO65

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.

Key word		Meaning
_____		To complete something without help from anyone.
_____		Organisms that grow in water.
_____		To care for something.
_____		The concept of being able to use or do something for a long time without running out or damaging the environment.
_____		To keep trying, even when it might be difficult.
_____		Doing something that might scare you.
_____		Getting through a difficult time, being strong on the inside and trying your best.

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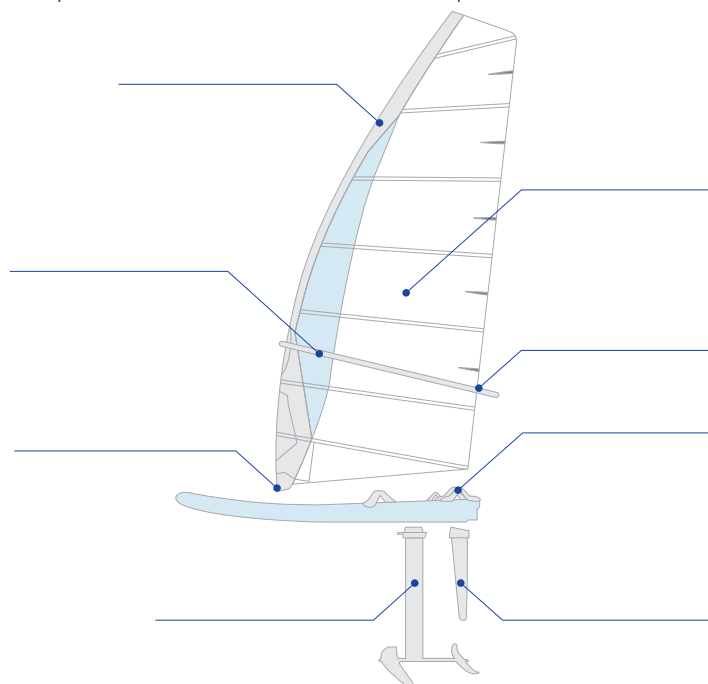
w	t	i	o	p	r	h	u	c	a	t	l	b	f	v	n	e	x	k	z	c	t	u	r	b
s	x	f	q	v	j	g	k	g	y	m	n	x	h	u	z	p	s	f	r	j	y	l	w	k
a	d	z	n	m	n	d	k	a	b	u	k	i	t	e	s	u	r	f	i	n	g	h	i	s
y	i	v	t	f	b	i	v	x	h	t	v	y	b	c	o	c	d	n	f	s	g	o	n	q
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i	g	u	z	g	h	z	m	c	l	u	b	e	t	g	l	v	t	b	l	u	y	b	s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

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

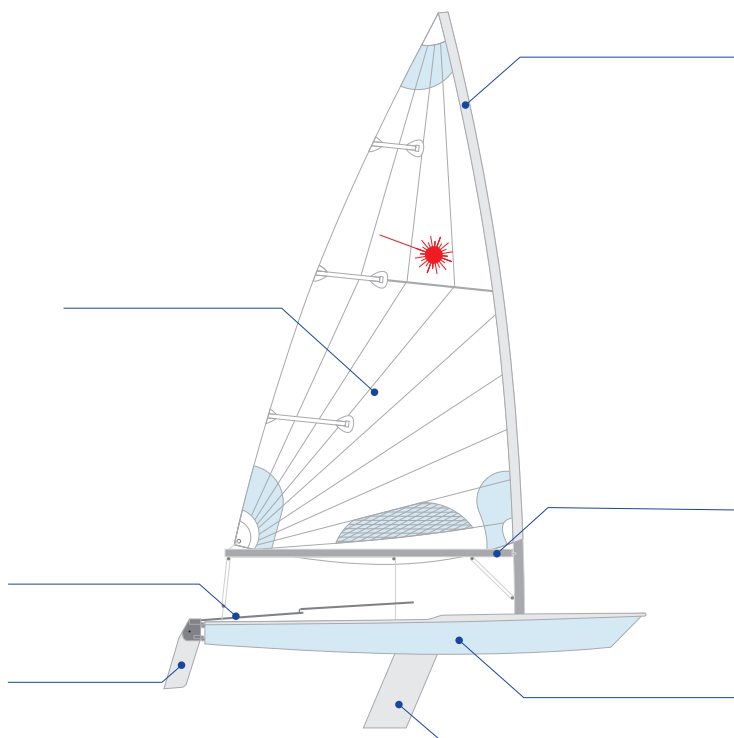
The name game

Here is a Laser and an iQFOIL.

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



Main sail	Boom	Out Haul	Foil
Mast	Down Haul	Strap	Fin



Main sail	Mast	Hull	Daggerboard
Tiller	Boom	Rudder	



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- a. SailGP
- b. The Ocean Race
- c. America's Cup

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

6. Which of the boats that you learnt about in Topic 1 is the fastest?

- a. F50
- b. IMOCA 60
- c. VO65

7. How many sailing events are there in the Olympic Games, where you can win a medal?

- a. 5
- b. 10
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8. How many times has Dee Caffari single-handedly sailed non-stop around the world?

- a. 1
- b. 2
- c. 3

9. Who does Yago Lange sail with in the Olympic Games?

- a. his father
- b. his sister
- c. his brother

10. List 4 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 individual skills I need to develop to become a top sailor are:

_____ because _____

_____ because _____

I want to become a more sustainable sailor because
