

For virtual meeting

# Surf's up!



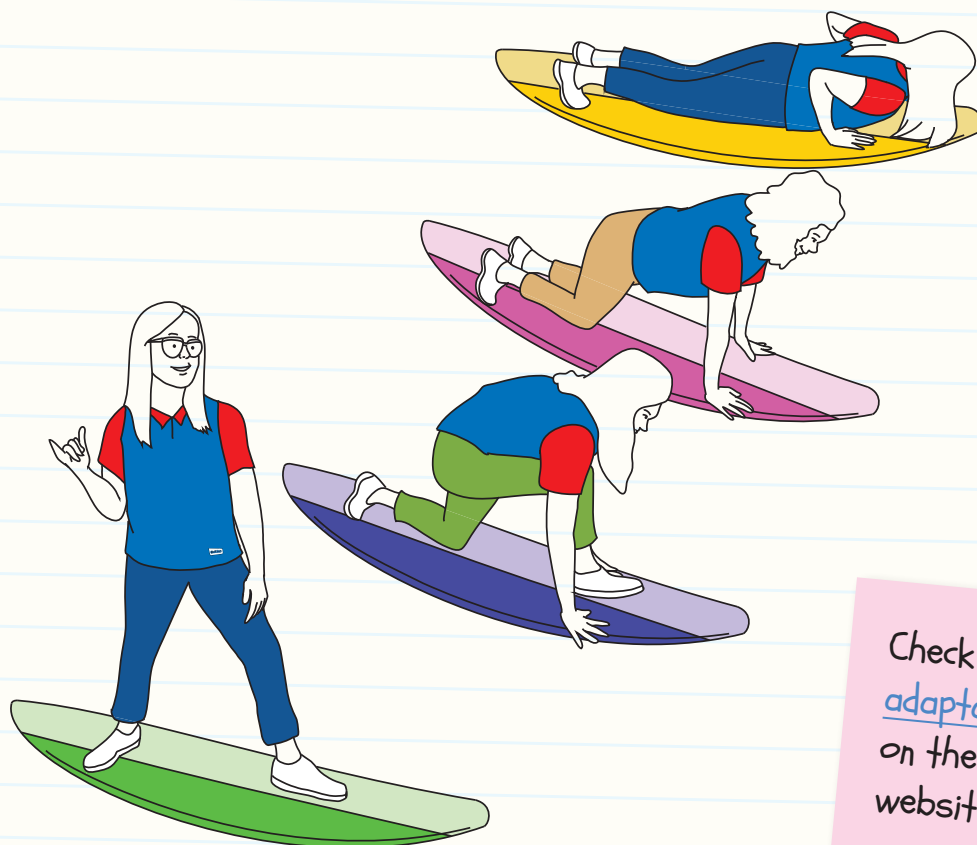
Get sporty



30 mins



Jump straight in



Check out the [adaptation ideas](#) on the Girlguiding website for help.

## Aim of activity

Ready to hit that gnarly wave? Grab your imaginary surfboard and let's go!

## What you'll get out of it

- Get active.
- Explore surfing as a sport.
- Discover the pop-up technique for standing on a surfboard.

## What you'll need

- A large, clear space

Make sure girls have a clear space to play in.



SURFING ENGLAND



WE DISCOVER, WE GROW

Girlguiding

From step 4, play it like captain's coming. Pick a girl to be the shark and they have to call out another girl's name before they do the action to catch them. If caught, they become the shark.



Surfing is a water sport where people ride waves in the ocean.

## What to do

**1** Surfers do a hand gesture called the **shaka** when they've caught a great wave and want to show how happy they are. Show everyone in your unit your best shaka – stretch your little finger and thumb out and tuck all your other fingers away.

**2** Now, you're going to practise the pop-up technique for getting up onto a surfboard.

### Pop-up technique

- Lay flat on your front with your elbows bent either side of your ribs, palms of your hands on the floor.
- Push onto the palms of your hands, lift your head and arch your back slowly, keeping your elbows bent.
- Push onto the palms of your hands to straighten your arms and bend both your knees.
- Bring one foot forward between your hands.
- Stand up by straightening your back leg.
- Bend your knees and put the heel of your back leg to the ground.
- Turn your back foot outwards to help you balance.

## Try it this way

Start from your knees instead of laying down.

**3** Now, lay on your front and pretend to paddle. When your leader calls 'Wave', do the pop-up technique to get into position. Once you're up, show everyone your shaka to let them know you caught that wave.

**4** Move around your space. Your leader will call out some new moves. You'll need to react fast or you'll be wiped out!

### Surfing moves

- Helicopter – pop-up, spin in a circle, then get back into your balance position.
- Hang ten – pop-up and bring both feet to the very front of your surfboard.
- Air – pop-up, jump, then go back to your balance position.
- Shark attack – jump off your surfboard and get to the safe side of your space. Choose one wall to be your safe wall.

**5** Play the game again, but this time you're going to have to beat the sharks! The last girl to the wall during a shark attack becomes a shark.

Sharks have to keep moving around the space with their hand on their head like a fin. When your leader calls 'Shark attack!', sharks must try to tag someone before they get to the safe wall. Sharks can also get surfers who do the wrong move. Everyone tagged by a shark becomes a shark. Who'll be the last surfer surfing?

Keep playing until there's only one surfer left – she's the winner!

## Take it further

Why not create your own surfboard moves or rules to add to the game? Could you add jelly fish, banana boats or life rings?