

FIRST KITEBOARDING LESSON PLAN

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LECTURE SEGMENT (approx 30 minutes)

OUTLINE:

Today's goals (see below)

The kiteboarding experience, including typical lesson sequence and advancement

PASA: What is it and what are its benefits? Expectations for Level One

SAFETY: Developing and using good judgment as it relates to the rest of the lesson

ELEMENTS of kiteboarding:

Kite

Bar

Board

Body

WEATHER BASICS factors that influence the wind

Macro

Micro

WIND for fun and safety:

Speed

Direction and it's relation to exit strategy

Quality

WIND WINDOW and power

SIMULATOR SEGMENT (approx 30 minutes)

CONTROL BAR & HARNESS

Safety: DEPOWER (let go of bar); DISARM (release chicken loop); DISENGAGE (lose kite)

Steering

Power (sheeting)

Passing the kite

Where are you going?

MULTITASKING with the wind, kite, board and your body

APPLICATION SEGMENT (approx 1:20 of demonstration and practice)

SETUP: wind, bar, kite & lines

LAUNCHING THE KITE: student launches for the instructor

KITE CONTROL: two-handed and one-handed

Neutral Position expended to stepping the rainbow

RELAUNCHING from the water

BODY SURFING without and with the board - "feel the power!"

POWER STROKE demo related to next lesson

SELF EXIT/SELF RESCUE demonstration by the instructor

WRAP UP

(approx 20 minutes)

QUESTIONS from student

ACCOMPLISHMENTS, review

RECOMMENDATIONS : Take Second Lesson

PAPERWORK: Instructor evaluation, student information if not scheduled for Second Lesson