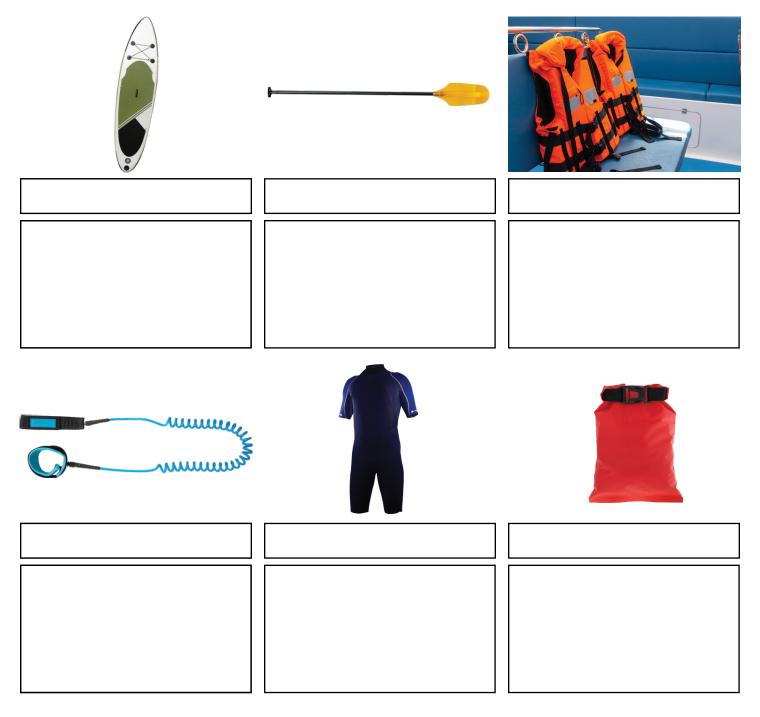


NAME

DATE

Using the information found on pages 6 and 7 of the book, label each piece of equipment shown below. Identify its purpose and explain why it is important.



Paddle Personal Flotation Device Dry Bag Board Leash Wet Suit



Outdoor Adventures and Sports Stand-Up Paddleboarding Reference: Page 6–7







Use the information found in *Stand-Up Paddleboarding* to fill in the blanks below.

- 1. The World Association (WPA) was started in 2010 by a pair of paddling enthusiasts and focuses specifically on SUP.
- 2. The proper way to hold a paddle is by gripping the top with one hand and holding the \_\_\_\_\_\_ of the shaft with the other hand.
- 3. In \_\_\_\_\_\_, participants stand on a twin tip board. A large, hand-controlled kite pulls the rider across the water.
- 4. Worn around the ankle or waist, a secures the board to the paddler.
- 5. The main goal of surfing is to stand up and ride an unbroken toward the shore.
- 6. Originating in the U.S. state of \_\_\_\_\_\_, modern SUP is typically attributed to a group of surfing instructors known as the Waikiki Beach Boys.



Page

1 of 1



Outdoor Adventures and Sports Stand-Up Paddleboarding Reference: All Pages

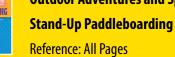




Using information found in the book, verify whether the following statements are true or false. Check your answers in the book. List the page number where you found the information beside your answer.

Statement 1	The American Canoe Association (ACA) was founded in the United States in 1980.	<ul><li>True</li><li>False</li></ul>	Page Number	
Statement 2	Paddling uses back, arm, and shoulder muscles.	<ul><li>True</li><li>False</li></ul>	Page Number	
Statement 3	As early as 2000 BC, fishers in Peru used 12-foot (4-meter) watercraft made of reeds.	<ul><li>True</li><li>False</li></ul>	Page Number	
Statement 4	Also called wakeboarding, sailboarding combines surfing with sailing.	<ul><li>True</li><li>False</li></ul>	Page Number	
Statement 5	The sweep stroke causes a paddleboard to turn left or right.	<ul><li>True</li><li>False</li></ul>	Page Number	
STAND-UD EEC PADDLEBGARDING				

1 of 1



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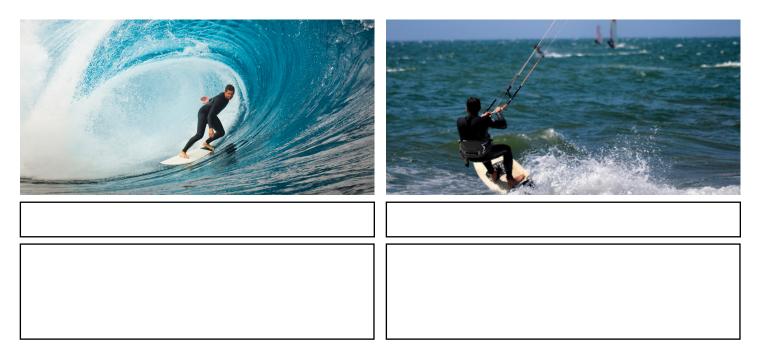


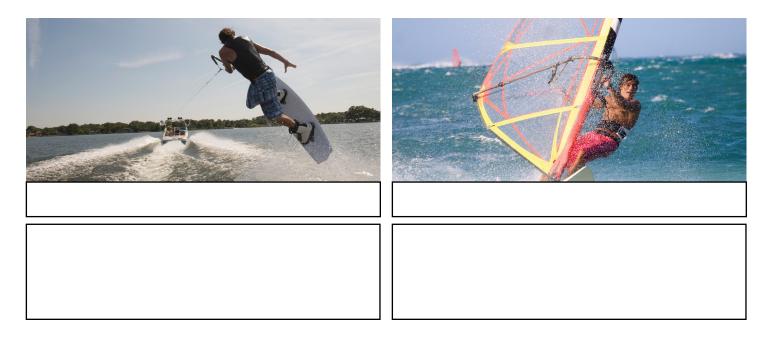


NAME

DATE

Using the information found on pages 14 and 15 of the book, label and briefly describe each outdoor adventure shown below.





Wakeboarding Sailboarding Surfing Kiteboarding



Outdoor Adventures and Sports Stand-Up Paddleboarding Reference: Pages 14–15

Page 1 of 1

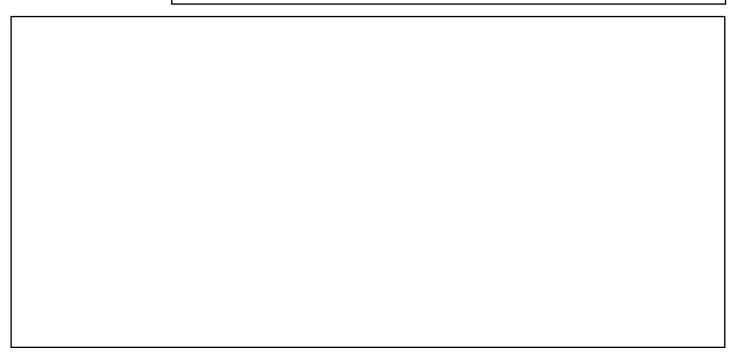




Imagine you are on a stand-up paddleboarding adventure at any one of the four sites featured on pages 16 and 17 of the book. Write a letter to your family describing your trip. What sights have you seen? What activities have you done?



## Name of Location:





Outdoor Adventures and Sports Stand-Up Paddleboarding Reference: Pages 16–17







NAME

DATE

1	What should paddlers do if there is a storm?
2	Why should paddlers wear a leash?
3	How can paddlers stay hydrated on the water?
4	Who were the first people to perform a version of SUP?
5	What is the proper way to hold the paddle?
6	Which is the largest alpine lake in North America?



Outdoor Adventures and Sports Stand-Up Paddleboarding Reference: All Pages







## Key Words Match-Up

NAME

DATE

Write the words from the list below in the box above the correct definition for each word.

## **KEY WORDS**

adjustable alpine cardiovascular compass	dehydration hypothermia inflatable license	Your Score is
currents	rapids	7

1.

the flows and movements of water in a certain direction

2.

an official document that gives permission to do something

3.

able to be filled with air or gas

- 4. shallow parts of rivers where rocks are exposed and fast-moving water creates waves
- 5. relating to mountains

6.

relating to the heart and blood vessels

- 7. a dangerous loss of body heat caused by extremely cold weather
- 8. a tool that uses a magnetic needle to determine direction
- 9. when the body does not have enough water
- **10.** able to be changed to different sizes





