

# Know Your Equipment

Follow the instructions to complete the activity.

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**



## Fill in the Blank

Follow the instructions to complete the activity.

NAME

DATE

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.



## True or False

Follow the instructions to complete the activity.

NAME

DATE

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.

- ☐ True  
☐ False

Page  
Number

### Statement 2

Paddling uses back, arm, and shoulder muscles.

- ☐ True  
☐ False

Page  
Number

### Statement 3

As early as 2000 BC, fishers in Peru used 12-foot (4-meter) watercraft made of reeds.

- ☐ True  
☐ False

Page  
Number

### Statement 4

Also called wakeboarding, sailboarding combines surfing with sailing.

- ☐ True  
☐ False

Page  
Number

### Statement 5

The sweep stroke causes a paddleboard to turn left or right.

- ☐ True  
☐ False

Page  
Number



## Identify the Adventure

Follow the instructions to complete the activity.

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**





## Write a Letter

Follow the instructions to complete the activity.

NAME

DATE

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:



## Quiz

Test your knowledge by answering these questions.

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?



## Key Words Match-Up

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

NAME

DATE

### KEY WORDS

adjustable  
alpine  
cardiovascular  
compass  
currents

dehydration  
hypothermia  
inflatable  
license  
rapids



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

