



Watersports Starter Resource

Approximately 30% of the UK population take part in watersports at least once each year



Surfing



Kayaking



Wakeboarding



Windsurfing

Which of the following components of fitness are most important in each watersport shown above?

Balance

Speed

Coordination

Strength

Flexibility

Power

What is the biggest barrier to participating in watersports?

Time

Location

Cost

Coaching

Weather

Which of the watersports shown requires the highest skill level and why?

Design a fitness test to measure fitness in one of the watersports shown above.