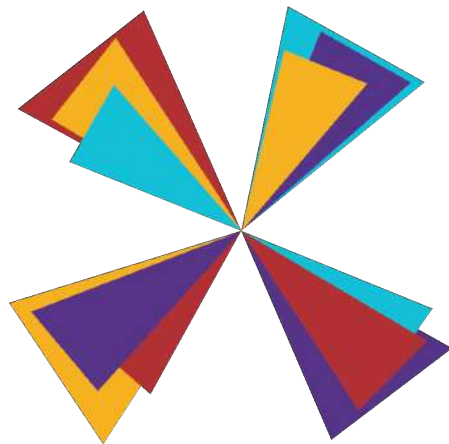


TEAM BLATCH



Online Learning Bulletin

Friday 10th July 2020



Online Learning Bulletin

Dear Team Blatch,

Welcome to the final bumper edition of our online bulletin!

This is our 14th bulletin and marks the end of the time when our students will be submitting their work from home. We have been so incredibly proud of all our students through this time - 14 weeks is a long time to be working at home and our students have coped brilliantly with it.

The ongoing effort and hard work that our students have put into their learning has been so impressive but we can't wait to see you all again in September and be back in the classroom to help you learn more. .

All our staff have worked tirelessly throughout lockdown to support our students and we are so proud of everything they've done to help our students keep learning too.

Thank you to everyone for your ongoing support of Blatch - we hope you enjoy the last bulletin!



Sports Awards

We were delighted to share our Virtual Sports Awards with our Blatch community this week! Featuring a stellar line up of sporting stars, our Sports Awards were an excellent opportunity to celebrate all of our students who have taken part in sports at Blatch this year. [Watch them here](#) (students will need to log in with their Blatchington Mill Google account to view the video).

VIRTUAL SPORTS
AWARDS



Drama

Our Drama students have been busy creating a range of work on Bugsy Malone, including set designs, posters and film reviews! Here are some great examples:



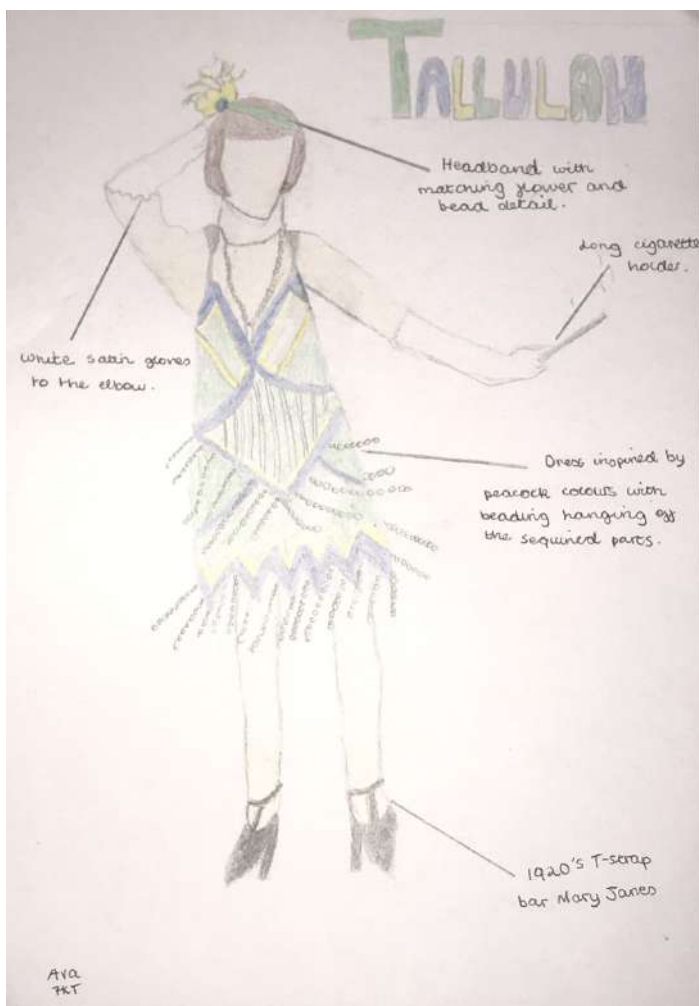
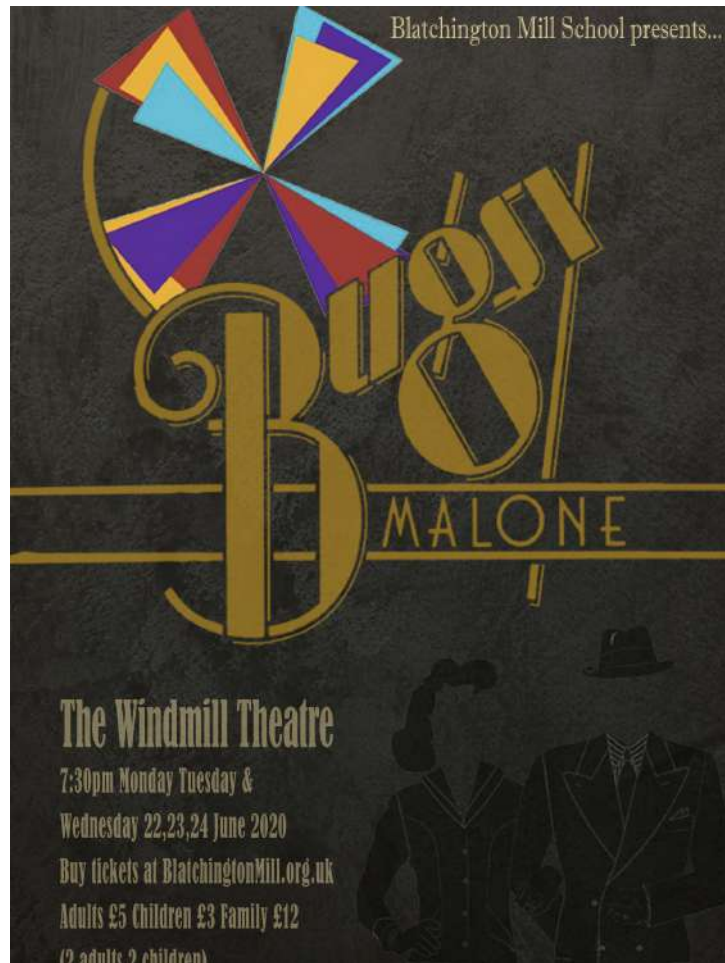
Ella W



George W



Drama



£2.50 per ticket

BUGSY MALONE

Bugsy malone play on the 23rd of September 2020. 3 pm in the Blatchingtonmill theatre

Tickets sold on the 22nd and the 23rd ending at 2pm 23rd

You are promised great acting, singing and hours of entertainment!

Great reviews from previous performances:
"I loved the acting! The seating was organized perfectly and I got a great view of the show."
"most of the child cast are mesmerizingly good"

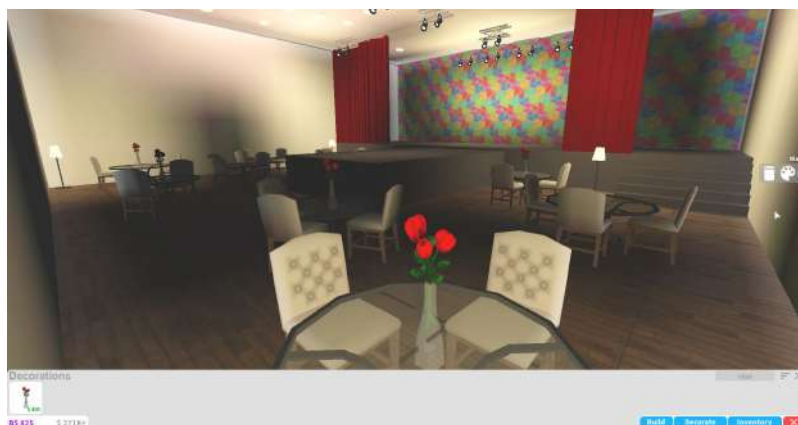
Enjoy the show!



Drama



Libby R



For this drama task, I designed some of the sets in a video game. I did the set from the forest car chase scene, the set from the 'My name is Tallulah' scene and the alleyway from the scene where Bugsy meets Smith. - Amy C



Drama

Bugsy Malone Movie Review

At the beginning of the movie you see Bugsy Malone in trouble, I like the way that when Fat Sam's men came for him, they shot guns which instead of firing bullets when they shoot a white creamy looking substance comes out of the guns and if it touches a person they are dead. This is clever because it's a kids movie and they are making it more funny and light hearted.

The songs in the movie were very great because they really tell the story and show how each person feels when they're singing or dancing to a song. I think this is important because the actors have to really connect with the music and the musician and the songwriting has to truly understand the scene and I truly believe they have done this perfectly. What I also like about the songs is that I can hear the different song themes that I know like the blues. This is great because when I know the music I feel more connected to the movie.

I enjoy that the cast is all kids because it shows what spectacular actors they are to be kids acting as all different types of adults, sophisticated, poor, reckless and self centred. The kids acting as adults make this movie very amusing, the way that the kids dress and act are very knowledgeable. The whole movie based on kids that act like adults make this movie in particular very unique, I really like this movie because of this.

The props that were created for the movie are very clever, they use props that shoot a custard pie looking substance which is very fun and clever, the other side just uses custard pie in a tin because they don't have guns which is still a great idea. Other props that were used like the cars that instead of engines had petals for the kids to use. The Police car is very fun even though it's very similar to the regular car the small features like the flashing siren and the big police sign makes it great because the props are very realistic to what they were like in the time that bugsy alone was made. Each little prop make a significant difference which makes it more fun and even more exciting.

The costumes are great because all the boys are wearing suits, spats, trilby hats and ties. Having all the boys wearing these sort of suits differing from their character from the bad one (Fat Sam) to the sneaky one (Bugsy Malone) they all have those sort of outfits some more grubby than others some with no speck of dust at all. Fizzy is the only one who does not have a suit, he wears a shirt and a dungarees, a flat cap hat, all quite grubby and worn out. The costumes for the girls are also great because some of them wear quite skimpy shorts all in one other wear long dresses and some including blousey wear a blouse and dress looking very smart with her brief case all the time and a round hat with curved edges. Tallulah Always wears a fancy dress with her hair styled with spit curls also known as kiss curls. Most of the time, she always wears lots of makeup and jewelry. All the costumes make the movie even better and funnier to see all the kids dressed up, this really helps see the kids as adults.

I don't normally like these types of movies, I don't really like old movies but this one is very clever and exciting to watch, the actors were amazing as well as each prop, costumes and everything else. I definitely recommend this movie to others, there is only one thing that I would change and that is that some of the music parts have very unrealistic singing voices that are tuned differently in studios, there is a very distinct difference between the characters speaking and sing which makes it very unrealistic so, I would prefer it if the singing was more realistic, otherwise it was spectacular! The finale of the movie with the last song you give a little love after the big sort of food fight is great because they all come together in harmony and enjoy themselves.



Science

Poppy D in year 7 has created this incredible piece of work entitled 'A Mission to Mars' as part of her science competition entry. Check out her detailed 'Flight Manual' below.

My Flight Manual

PD, 30 June 2020

Astronauts are going to Mars in a spacecraft and need many things to help and accompany them on the way. This will explain what they require and how we will cater for that.

Firstly, we will ensure they have a well-designed and suitable spacecraft to go to Mars in. It must have 30 cubicles for each astronaut to sleep in. They will need storage in their cubicle. We have designed the cubicles to have 1 bookshelf, a lamp, and a storage box. We will make sure that they are being watched, and so there is an observer in each cubicle. Here is an image of what this will look like.



As you can see, we have fulfilled all the needs any astronaut would want and have made it comfortable and easier to access for the whole team. The next room the spacecraft will need is a fully functioning control room. This must hold a chair and many buttons to keep the spacecraft in full shape. It may look a lot like this.



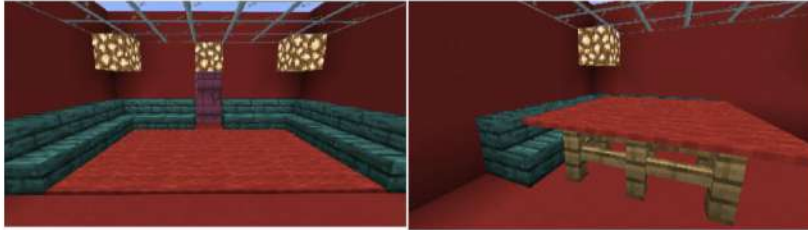
As you can see, it has a chair, and many buttons and gadgets to control and keep the spacecraft moving, and functioning. There is a good view to help the pilot see what is coming up ahead, and if there is any danger. It is also a good way to look down on Earth. Another thing that we need in a spacecraft is a spacious and working gym. It must house a treadmill, bicycle and a weightlifting machine called ARED, for Advanced Resistive Exercise Device. It is particularly important that the astronauts are well exercised and trained up in space, to stop their bodies losing muscle and bone. Here is a clear depiction of the gym.





Science

It has all the equipment needed, as well as large scales of each machine, so many astronauts can use it at the same time. Finally, the two rooms that are missing are the dining and meeting room combined. These are particularly important as the astronauts need to discuss what they are going to be doing next in space. The dining room will be used by the astronauts to eat their “space packet” food, in a social and mannerly way. Here are images of both these rooms.



These fulfil all the descriptions we have said above. There is another feature that the spacecraft must have, to keep things hygienic. Toilets and sinks. They are unisex, and astronauts must fasten themselves to the toilet to stop them floating away. They use a similar device to a vacuum cleaner, to get rid of any wastes or fluids. Here are images of the toilets and sinks.



We have installed towels and working taps that turn on when you say the word “wash”, to make sure the spacecraft is as hygienic as possible. Another feature that the taps will have is a water filter, that when you say the temperature you want, it will automatically give you that temperature. We do not want the coronavirus appearing again! The exterior of the spacecraft must be well designed and fully functioning, as it is carrying 30 astronauts over 60,000,000 km, in space. To propel this spacecraft towards Mars we will use no air, as no air is required to propel a spacecraft into space. When the spacecraft shoots fuel out one end, this propels the spacecraft forward, resulting in no air being required. Here is what the exterior of the spacecraft looks like.





Science

It has a red external tank, with two white solid rocket boosters, and one black orbiter. This helps propel the rocket into space and fulfil all the needs that are wanted. That is all on the spacecraft. Time to move onto the experiments that will be performed and executed on the spacecraft and in space.

The first experiment to be executed in space will be a diversity experiment, and we will do this by firstly splitting the 30 astronauts into six groups of five. Then three of those groups will be mixed (old/young, black/white, male/female) and the other three will be the same race, age, and gender.

There will be two parts to this experiment: a cognitive task and a physical activity task. In the first part, each group will be told to create a flight manual, and we will find out which group has the best outcome. We predict that the mixed groups will produce the best manual, because of the diversity within. We will experiment how they treat and work together, based on their age, race, and gender.

In the second part, we will keep the same groups and let those groups exercise together. Which group works best? The diverse group, or the unmixed group. We will ask you to complete physical tasks, and see which group has the best outcome. The hypothesis to this is that the unmixed group will work better together than the diverse group. Diversity blooms in a creative environment where you can interpret the task how you want. However, in a clear and strict environment, unmixed groups work better together. What will the outcome be?

The second experiment we will perform in space is a sleep experiment. What are the optimal sleep patterns up in space and on Earth? Many researchers and scientists say that sleeping in shifts, and for shorter amounts of time is better than sleeping "all in one go". Not many people on Earth have the time to do this, which is why we are testing this out in space. We will have different groups this time. Two groups of 15. The first group will sleep "all in one go" and the second group will sleep in shifts.

Which group sleeps better? There are different things that we need to consider. In general, some people sleep better than others. We have studied the astronauts sleep patterns and have worked out who sleeps better. We have then distributed those people across the two groups and have made this experiment as fair as possible. The most likely outcome is that the second group, the one that are sleeping in shifts, will have better sleep. This is due to how much light and deep sleep you have throughout your sleeping experiences.

As the year is 2041, we have produced a game for you astronauts to play whilst in space. The winner of this game will determine who becomes leader of the space expedition. The game is called MARZAI and you must explore Mars and unlock new characters, to give you a better understanding of what Mars may be like. We have created a VR headset that allows you to feel like you are at Mars. All the preparation you would need will be in that game. You can learn a lot and have new experiences, so you are that little bit more prepared to go to Mars.

We have not forgotten about your mental health. We will have mindfulness sessions every day to keep your brain happy and healthy while you are in space and away from your family. We will conduct FaceTime calls to your family once a week, so you can catch up and have a chat. We do not want you feeling homesick!

We will make sure to look after your physical health as well as your mental health by making sure you exercise 2.5 hours a day. This will ensure that you will be in tip top shape and will not run the risk of muscle/ bone loss.

Overall, we have considered everything that you would need in this expedition to Mars. We have kept your interests at heart and we sincerely hope your trip is a good one.

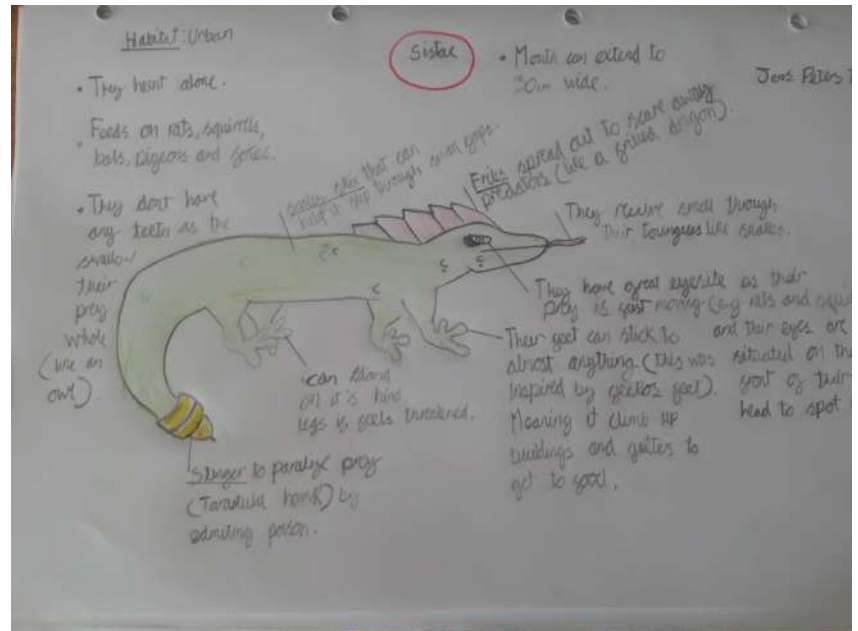
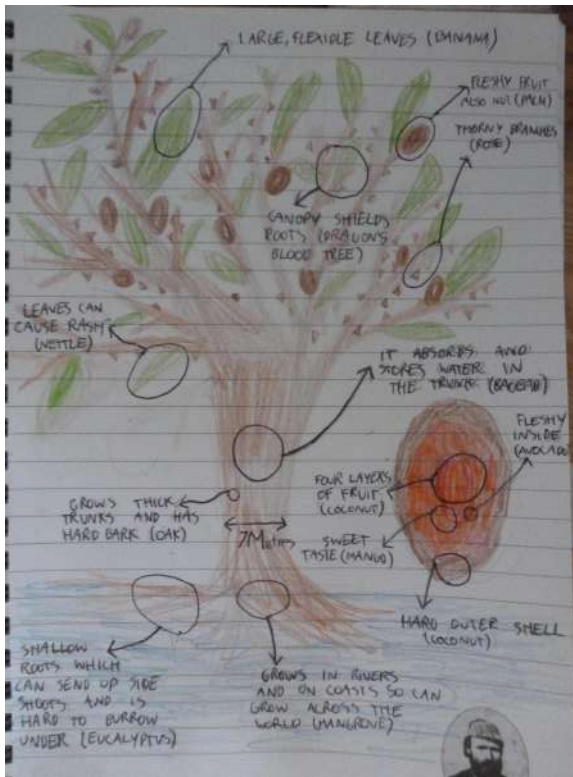
References

<https://www.nasa.gov/>



Science

Also in Science, our year 7 students have created some excellent work on animal adaptations and behaviour!



Jens P

Calvin C-R

Monkeys using Tools

AS monkeys are one the smartest species in the animal kingdom and have thumbs they display some human like activities. one such example are the Wild Bearded Capuchin Monkeys who use boulders and logs as an anvil and stones as a hammer.

The monkey's strategically place the nut on there anvil and repeatedly hit the nut with the stone until it cracks. this amazing behaviour shows the intelligents of animals.



Fish Spa

Even though hippos might be one of the most violent, vicious and territorial creatures on earth they still can't say no to a spa treatment.

hippos are very violent creatures so it is no surprise to find that their bodies are riddled with cuts and scrapes, this is very dangerous as hippos travel underwater so if the tiniest cut gets infected it could be fatal. the reason they don't get infected is due to a certain kind of fish, the barbell who swarm around the hippo cleaning there cuts and teeth. This spa makes the hippo drowsy and tired.



Super meerkat wall

Meerkats might be relaxed but when the are threatened they turn into a wall of speed and stamina. Different Meerkats have different duties like the centuries who look out for predators (e.g cobras).

When predator is spotted (let's say a cobra) the fearless meerkat will confront the snake goading it to strike, if the meerkat feels like it's to much it will call for others who will all form a wall (with their tails up for effect). They all will all move backwards and forward making thge predator strike and recoil. This will eventually wear out the predator and send it packing!



Jens P



Art

This week our Art students have been creating incredible pieces of work across all year groups. We're so proud of what our students have been able to create from home. Take a look at some of their excellent creations below.



Rose B



Sofia P



Lilac I



Heidi H-W



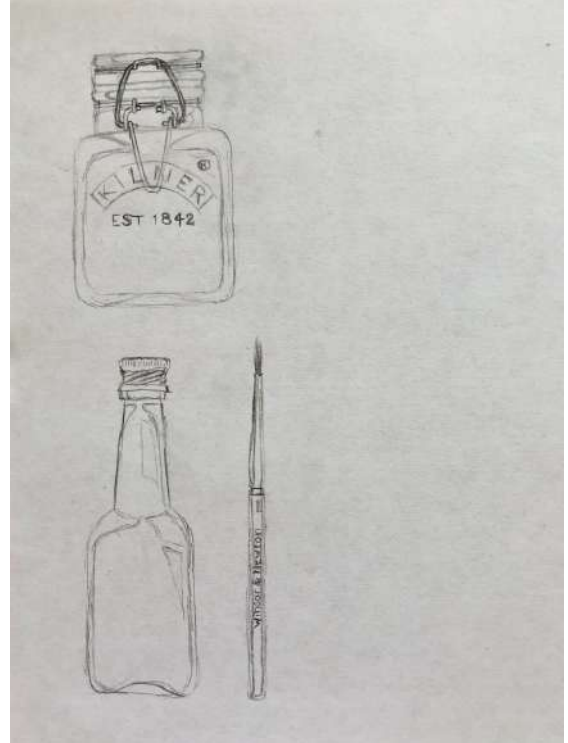
Archie W



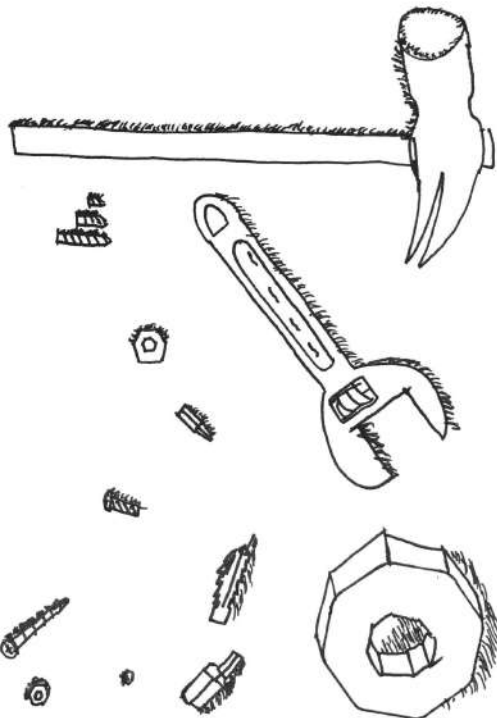
Art



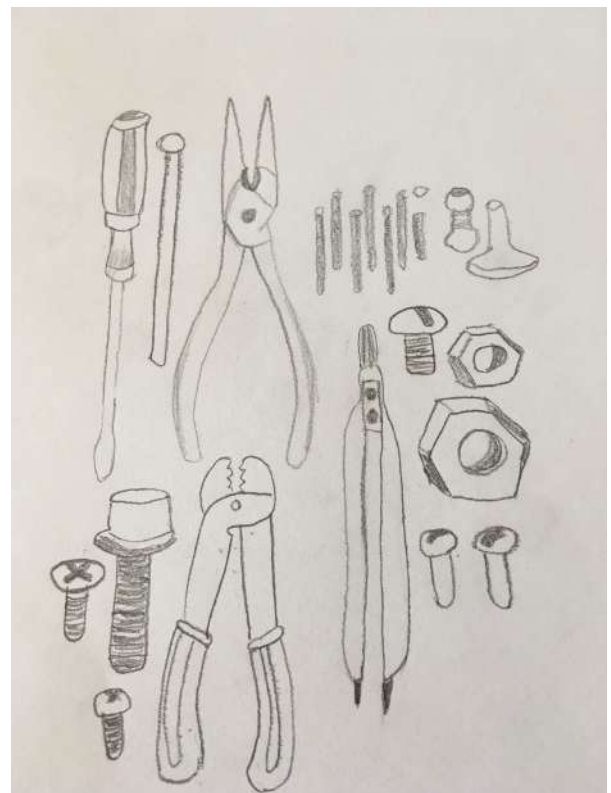
Elsie C



Peggy B



George W



Isabelle T



Art

Aboriginal Art

Aboriginal art is around 40,000 years old. Indigenous art is centered on storytelling. It is used as to convey knowledge of the land, events and beliefs of the Aboriginal people. The use of symbols is an alternate way to writing down stories of cultural significance, teaching survival and use of the land. Symbols are used by Aboriginal people in their art to preserve their culture and tradition. Concentric circles usually represent campsites or rock holes. Straight lines between circles illustrate the routes travelled between camps or places while wavy lines across a painting usually mean water or rain.

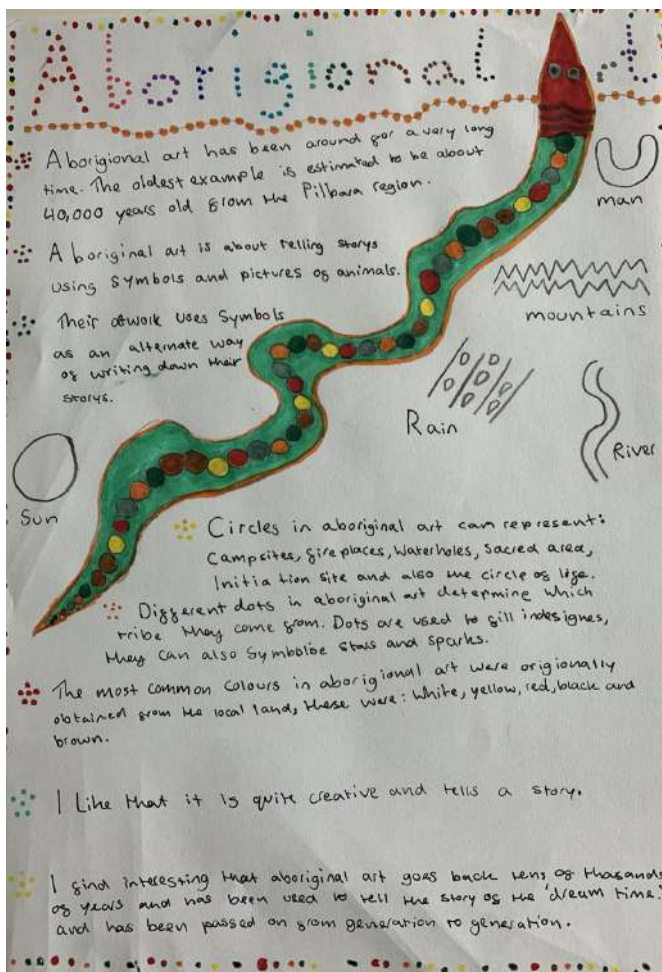


Dots were used to in-fill designs. Dots were also useful to obscure certain information and associations that lay underneath the dotting. The sacred Aboriginal colours, said to be given to the Aborigines during the Dreamtime, are Black, Red, Yellow and White.



I like aboriginal art because its very different to different to lots of other types or forms of art. I how a lot of there at revolves around animals and how they worship and respect animals. I Especially like the art from thousands of years ago because it can show you what life was like back then and what they worshipped or believed.

Marco K



Noah C

Aboriginal Art



Aboriginal Art is around 40,000 years old. We don't know for sure. Aboriginal Art is actually a language that originates from the Aboriginal peoples of Australia. The art is used to tell stories and chronicle things. The reason why Aborigines use symbols is to convey cultural stories and references. The symbols are also used to teach kids and elders.



The Aboriginal people used circles and dots to confuse Westerners about the sacred meanings of the stories.

Brown and red are most commonly used colours. The red came from flowers and brown came from the soil.

I like the style of Aboriginal Art and how they make their art and put it onto canvas. I like their concept of art and not using everyday items like paint and instead using stuff around them e.g using the soil as their canvas.

Sam SF

Aboriginal Art

where does it come from

Aboriginal art is around 40,000 years old and originates from northern Australia. Aboriginal art is the composition of colour and visual storytelling. Symbols were used by Aboriginal people in their art to preserve their culture and tradition. They are also used to explain various stories and are still used today in contemporary Aboriginal Art.

CAMPSITE

campsite or waterhole.

SMOKE, WATER FLOW, LIGHTNING OR BUSH FIRE

smoke waterflow.

Circles illustrate the routes travelled between camps or places. Dots were used to either fill in designs or to hide certain information that lay underneath the dotting. The most commonly used Aboriginal colours are Black, Red, Yellow and White. Black represents the earth, marking the campfires, red represents fire, energy and blood, yellow represents water, and the markings on the back of the great snake and white represents the sky and stars.

Blanche V



History

Mr Webster's class have completed some excellent work on land ownership during William the Conqueror's reign. Take a look below!

<p>1. Under the <i>Feudal system</i> the King owned all the land in England. The Lords held it through <i>tenure</i>. If anyone acted against the King their land might be forfeited. People would then choose to never act against the king as they needed land to survive/for their own power.</p>	<p>7. Before 1066 about 4,000 Anglo-Saxon thegns held significant amounts of land and were therefore quite powerful. William forced these thegns to be dependent on Norman lords for the small amounts of land they were still allowed to hold. Means that the thegns were dependent on him which gave him more power.</p>
<p>2. After the Battle of Hastings William confiscated Harold Godwinson's land in the south and west and 'gave' some of it to his followers. His followers would see this as a selfless act and respect him even more, as well as the public then wanting to follow him meaning William became far more popular and respected as King and therefore gained more power.</p>	<p>8. By 1087 190 Tenants-in-Chief held over 50% of the land in England. 11 of the Tenants-in-Chief held about 25% of the land. Two Tenants-in-Chief were Anglo-Saxons. Meant that William/Williams men owned almost all of the land and therefore his power was strong and secure as no one had enough power to take it away.</p>
<p>3. If one of William's tenants died without an heir the land was returned to the king. William would get even more land which shows he has even more power.</p>	<p>9. About 25% of the land in England was held by the Church. William not only owned the rest of the land, but supported the church and so did his followers and so they admired the fact that the church owned some of it as well.</p>
<p>4. Any land that was still held by Anglo-Saxon aristocrats was usually in the form of small estates. William was able to choose who he wanted to give land to or not and so people decided to follow him to get as many benefits as possible.</p>	<p>10. Before the Norman conquest there were many free peasant farmers who owned their land. There were far fewer 'freemen' after 1066 because they had to work for the lord and rent land off them. William almost controlled everyone which made him seem more powerful and forced people to agree with him.</p>
<p>5. William created new earldoms such as the Marcher earldoms.</p>	<p>11. Tenants-in-Chief became the new lord of every Saxon thegn. Tenants-in-Chief could dispossess the</p>
<p>So he could hold more power over more places and people.</p>	<p>thegn or reallocate the land when he died. Even Williams' men had all the power over everyone else, even when they died.</p>
<p>6. After 1071 William took more land in the North, East Anglia and Mercia and gave it to his followers. However, no-one was given too much land. again, would shine him in a better light to the people around and make his followers respect him even more.</p>	<p>12. Hunting and fishing rights in forests and rivers were usually controlled by the Norman lords. If William had power over more things then he looks more in control overall.</p>



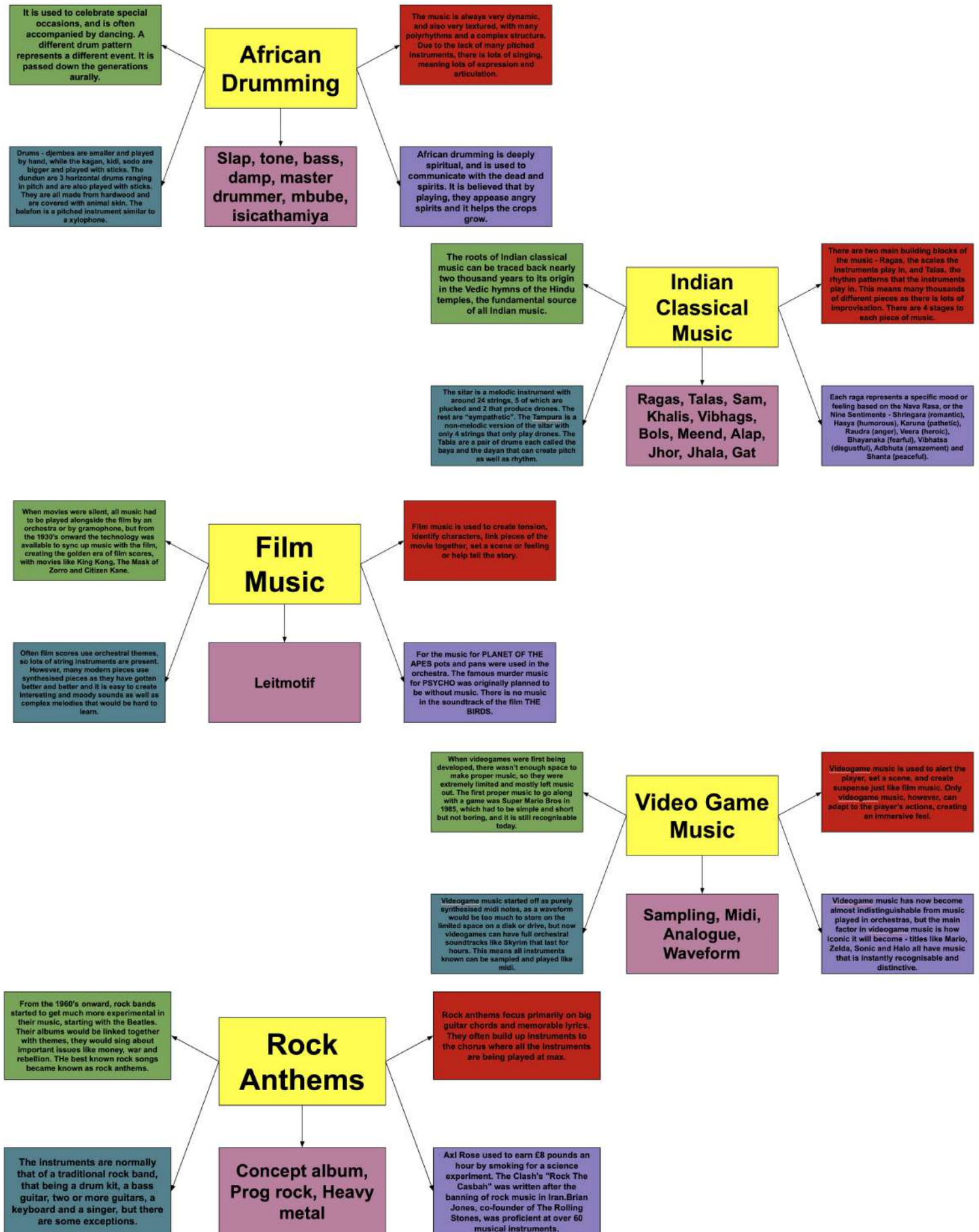
History

<p>1. Under the <i>Feudal system</i> the King owned all the land in England. The Lords held it through <i>tenure</i>. If anyone acted against the King their land might be forfeited.</p> <p>This helped William stay in power because no one would want to act against him because it meant that they would lose their property or land.</p>	<p>7. Before 1066 about 4,000 Anglo-Saxon thegns held significant amounts of land and were therefore quite powerful. William forced these thegns to be dependent on Norman lords for the small amounts of land they were still allowed to hold.</p> <p>This meant there was no chance for the Anglo-saxons to have power or attack back. It also told the Anglo-saxons that Normans were in charge. They wouldn't think to push for more power because they were being suppressed.</p>
<p>2. After the Battle of Hastings William confiscated Harold Godwinson's land in the south and west and 'gave' some of it to his followers.</p> <p>This would mean he has more followers because he would give them land in exchange for loyalty and also less chance of anything happening un-noticed. There were more people watching over smaller areas of land.</p>	<p>8. By 1087 190 Tenants-in-Chief held over 50% of the land in England. 11 of the Tenants-in-Chief held about 25% of the land. Two Tenants-in-Chief were Anglo-Saxons.</p> <p>By giving some land to the Anglo-saxons meant that they would have less chance of rebelling however it was only a small percentage of anglo-saxons to keep control.</p>
<p>3. If one of William's tenants died without an heir the land was returned to the king.</p> <p>This meant everything came back to the king and land wouldn't be taken by anglo-saxons or people who aren't loyal to the King.</p>	<p>9. About 25% of the land in England was held by the Church.</p> <p>The church was very powerful and kept a lot of control over civilians.</p>
<p>4. Any land that was still held by Anglo-Saxon aristocrats was usually in the form of small estates.</p>	<p>10. Before the Norman conquest there were many free peasant farmers who owned their land. There were far fewer 'freemen' after 1066</p>
<p>William didn't want to aggravate the Anglo-saxons but he kept them suppressed. This gave him more control and power.</p>	<p>because they had to work for the lord and rent land off them.</p> <p>William had more workers for less money. He had power and control over the people.</p>
<p>5. William created new earldoms such as the Marcher earldoms.</p> <p>So there's more people to watch over smaller areas of land. Nothing went unnoticed.</p>	<p>11. Tenants-in-Chief became the new lord of every Saxon thegn.</p> <p>Tenants-in-Chief could dispossess the thegn or reallocate the land when he died. The tenants-in-chief were close to the king so this meant the king would have control without having to do anything.</p>
<p>6. After 1071 William took more land in the North, East Anglia and Mercia and gave it to his followers. However, no-one was given too much land.</p> <p>He's trying to please the people to gain more followers however he doesn't want them to gain any sort of power.</p>	<p>12. Hunting and fishing rights in forests and rivers were usually controlled by the Norman lords.</p> <p>This meant people would have to become <u>apart</u> of the system and work for the king because they couldn't hunt and get food for themselves.</p>



Music

Our year 9 Music students have been exploring various musical styles through detailed research. Here is Louis F's excellent work!





English

Our year 8 students have been producing some incredible poems this term. Here is a selection of some wonderful examples.

When all this is over I am planning to be free again.
I'm hoping for me to have a safe time amongst friends.
The gloominess to forever end.
Friendships to be reunited

All is shut, but soon to open.
Cannot go out.

Life is pretty dismal.
Which is affecting our lives in more ways than one.

Bright side, I've learned what friendships are.
And I
Can't wait for proper freedom.
When we are not stuck in quarantine.

We are living through this together.
It will be taught in history books.

I wonder how long this is going to last.

Logan B

When all this is over, I am planning to meet my real friends.
Lockdown has proved who they are.
I want to go out every day I can, no matter how tired,
I'll make time.
No matter the time or place, I'll find a way.

I'm hoping for a normal summer, not restricted to our homes or our street.
I hope the bad outweighs the good.
A pandemic and worldwide protests are hard to make up for,
but nothing's impossible.

By the time this is over it could be 4 months of lockdown.
It could be next year. Nobody can predict the future,
but we can hope for the best.
I think some people will be excited to see their friends,
back at school or in the holidays but I think everyone secretly enjoys this.
Not putting up with extra homework,
not having to deal with certain people.

Everyone secretly enjoys it, and I know it.

Alex



English

When this is all over i'm planning late night sleepover overs
Where we wont sleep till dawn
Im planning wild adventures
Ones with the roaring wind in my hair

Im hoping for hot sunny days where
We can swim all day in the crystal blue sea
We'll splash the water all around us
And spin round in the whirlpools

We will hear people working:buzzing like bees
Seagulls will squark above us
Desperate for some thing to eat
While trees sway in the breeze

By the time this is over it'll be autumn where the leaves crisp and fall to
the ground 'crunch'

Evie P

When all this is over I am planning

To go ice skating
See my friends
Scraping sound of ice skates
Ice
Beautiful - colourful lights
At the Pavilion
Get tickets
Good feeling
Looking forward - excited
Get ice skates
Hand over my shoes
Fabric and Plastic ice skates
Skates made of metal - sharp
Like high heels
Wobbly walking
Slippy on the ice
Skate with friends
Talking
Stop and start
Keep moving
Grab on to the side of the rink
Helping my friends
Spinning
Give back skates and get my shoes
Amazing feeling to finally properly walk again
Nice warm hot chocolate

Annie M

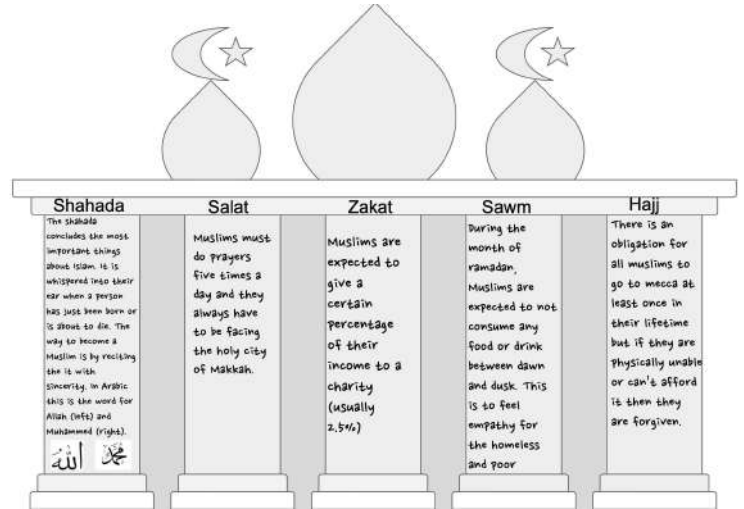


RE

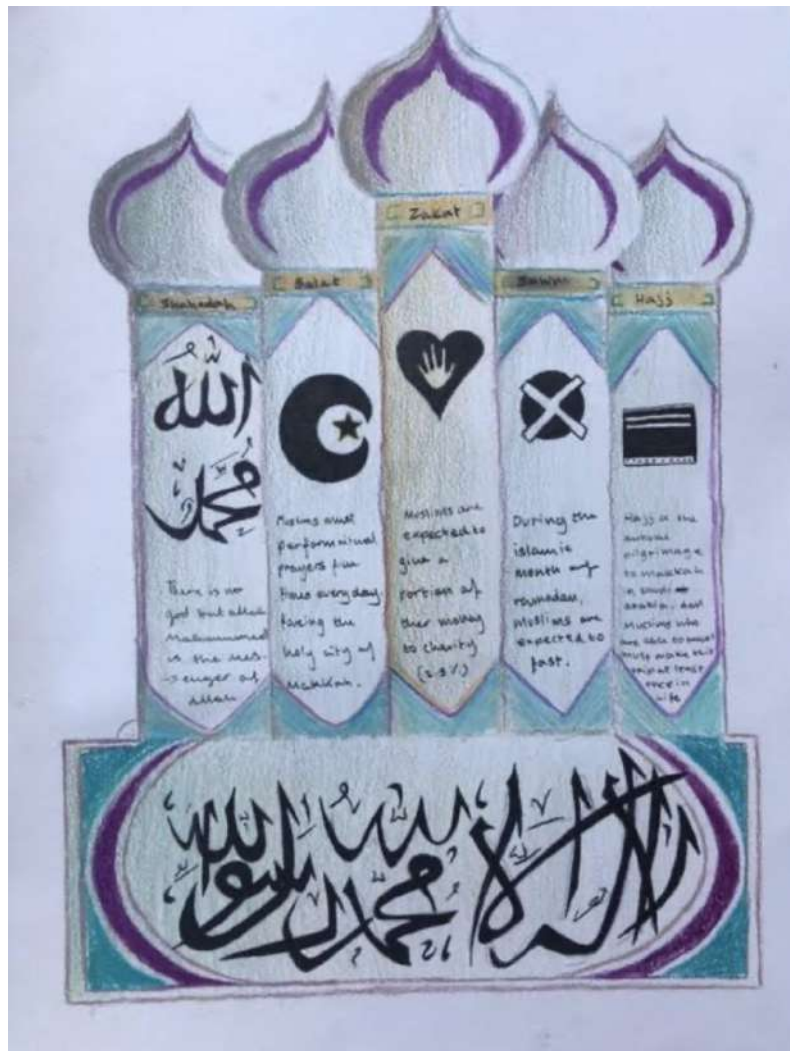
Our students have continued studying Islam this week. Here is some of the excellent work they have created.



Mylo D



Hattie M



Abi L



PSHE

Year 10 have been learning about water safety. This is particularly important during the summer holidays when many students may choose to visit the beach.

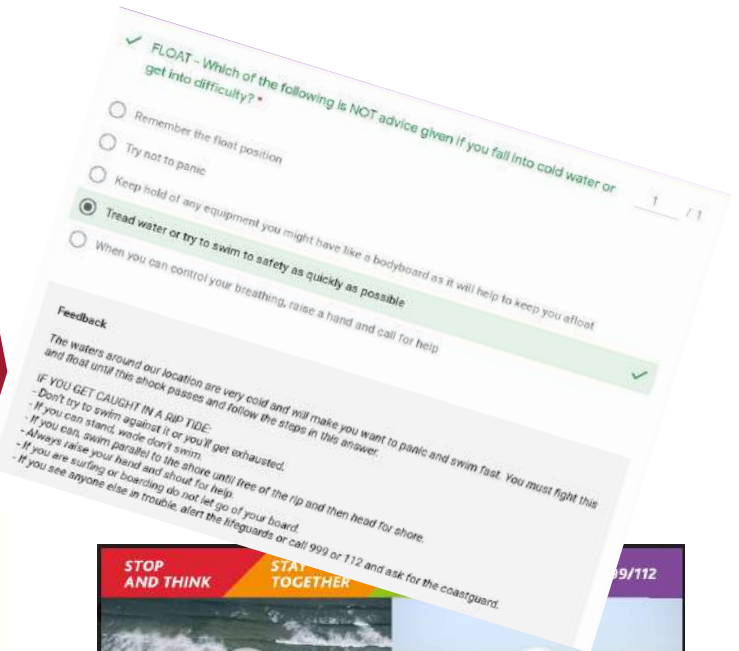


Please watch this video about our reactions to cold water.

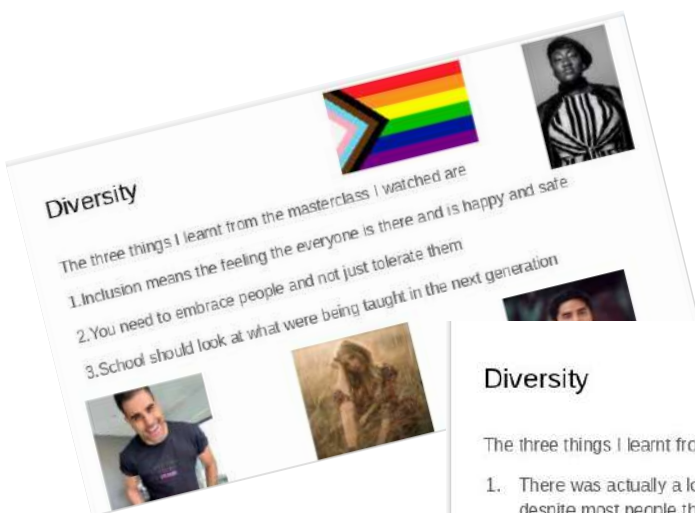


FLOAT - Which of the following is NOT advice given if you fall into cold water or get into difficulty? * 1 point

- ☐ Remember the float position
- ☐ Try not to panic
- ☐ Keep hold of any equipment you might have like a bodyboard as it will help to keep you afloat
- ☐ Tread water or try to swim to safety as quickly as possible
- ☐ When you can control your breathing, raise a hand and call for help



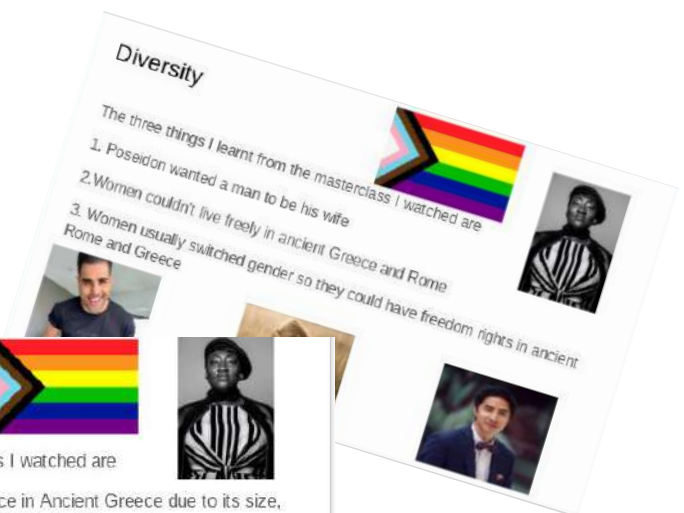
Meanwhile, year 9 have been watching 'Masterclasses' for diversity week!



Diversity

The three things I learnt from the masterclass I watched are

1. There was actually a lot of diversity in race in Ancient Greece due to its size, despite most people thinking it was mainly full of white people
2. There was a group of people known as the 'band of thieves' or 'band of lovers' which was full of male lovers who believed that loving another man would help them fight better in battle
3. The Greek king Hadrian (who was married to a woman) fell in love with a man called Antonas



Jimmy W
Zac Z
Xiang C



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To finish, we have another excellent Prince's Trust Project to share which was put together by Ben M. Well done, Ben!

A beginners guide to surfing



Why do people surf?

Oceans have a positive impact on human health. Riding a wave is a breathless experience. Salt water is good for your health. As you progress, you're compelled to surf better each day. There are waves in every corner of the world. It's a great way of living life.

Where do people surf?

People surf anywhere there are waves which are everywhere but the best place for pros in the UK are Cornwall and in Bristol where a good surf pool called the wave is located ([The Wave, Inland Surfing Lagoon and Artificial Wave Pool](#)). Playa Grande, Costa Rica. Bundoran, Ireland. Jeffreys Bay, South Africa. Huntington Beach, CA. Bondi Beach, Sydney. San Clemente, CA. Taghazout, Morocco. Teahupo'o, Tahiti. And Portugal, where I have surfed before.

Why does surfing benefit people?

Surfing provides many health benefits including: cardiovascular fitness – from paddling, shoulder and back strength – these muscles will strengthen from the paddling, leg and core strength – once you're standing up on the board, strong legs and a strong core which keeps you up on the surfboard.

Surfing for fun

It's not all about surfing the bigger and better waves. All that matters is that you have fun.

If you start surfing from a young age you're more likely to become a pro surfer and be able to take part in competitions and get sponsorship to travel to different parts of the world to surf but that doesn't mean you can't have a lot of fun and become a good surfer where you live.

Check out these videos and websites which are very good:-

Videos

<https://barefootsurftravel.com/>

<https://www.youtube.com/watch?v=dBmHpliXfk>

Websites

www.magicseaweed.com

<https://newquayactivitycentre.co.uk/>

www.windguru.com

<https://www.cornishwave.com/>

www.xcweather.com

www.surfline.com

www.surftechniques.com

How best to stand on your surfboard (pop up)

1. Press up into the Prone Position

The prone position is like half a press-up. When lying on the surfboard, place both hands palm down under your shoulders and lift up your chest, arching your back and keeping your hips on the board.

2. Slide your knees

Keep your hands where they are and slide both knees up between them. You'll be kneeling in the centre of your board.

3. Fingertips

Move your hands from sitting flat on the board to resting on your fingertips. It's really tempting to look down at your board when popping up to check where your hands and feet are. Do this whilst you're practicing on the sand, but when in the water, keep your chin high and look straight ahead. It will improve your balance and make the next step much easier.

4. Bring your front foot through

Get your parents or a friend to lightly push your back so you move forward. If your left foot goes forward, you're a natural footer (like me!) and if your right goes forward, you're a goofy-footer!

Now you're resting on your fingertips in the kneeling position, bring your front foot forwards between your two hands and place it flat in the centre of the board, at a slight angle for balance.

5. Twist and stand

With your front foot forward it's just a case of twisting your hips to the side into a crouched standing position! Remember to keep facing forwards and your knees bent, as you'll find it helps with your balancing.



A stage by stage guide to riding a wave

Stage A: The wave is only a bump. At this stage, it is impossible to catch this wave. This lump is only an indication that a wave is coming.

Stage B: This is where you want to catch a "green wave". This unbroken wave shape has the perfect power and steepness for you to paddle in it. Point A is not powerful and steep enough for you to catch, and Step C is too vertical for you to make the drop.

Stage C: The wave is breaking. The lip is already starting to crash down on the flat water. At this stage, the wave is too powerful and steep to catch, especially for beginner surfers.

Stage D: The wave has broken and has become a white water wave.





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- Sit about 4 to 5 metres (about 15 feet) further from where the majority of the waves are breaking. Why? Because if you are waiting at the exact spot where the majority of the waves are breaking, the moment you turn around and paddle for a wave, you will either be catching a white water wave that has already broken, or getting the wave breaking on top of you.
- Pick a wave, turn around and give a minimum of 8 strong paddle strokes. You want to be paddling strong enough to match the speed of the wave while it is transitioning from "Stage A" to "Stage B"
- Look over your shoulder when paddling for a wave. Taking a few looks behind you is the only way you can know if you need to paddle more, or paddle less, or even stop paddling for a while, according to the wave's shape. It also keeps you from "dropping in" on people (The general rule is that the surfer who has the longest potential ride has priority for the wave.) If you look behind, you will know if the wave was either too steep (Stage C), too weak (Stage A), or just right (Stage B), you will understand why you failed or succeed in catching the wave.
- So many beginner surfers don't take a look back at the wave and mis-time their paddling. They either get the wave crash over them, or they catch a white water wave. You simply cannot learn from your mistakes if you don't look behind and see what actually happened.
- The bigger board you have, the easier it will be to catch unbroken waves. Catching "green waves" (Stage b on the diagram) is about paddling fast enough to match the speed of a wave. The sooner you can "catch the momentum" of the wave, the sooner you will be able to pop up and surf. Since big boards paddle much faster than small boards, they make it easier to catch green waves.

What to do to get better

- Paddling - On average you should try to do between 8 to 11 paddles to match the speed of the wave you want to surf. If you're not sure if you're going fast enough do a couple of extra paddles.
- Push ups - keep practising your technique to get better.
- Duck dives (best to use a smaller surfboard). You need to be in a kneeling position and push down on the front of the board so that it goes under the approaching wave. Kick with your feet and hold onto your board so that the board goes with you. Start your duck dive when you are a surfboard length away from the wave.
- Turtle rolls (best to use a longer board). Hold onto the rails of your surfboard and keep your arms bent. You can do a turtle roll if you are getting worried about another surfer hitting you. If you hold onto your board, it will protect you.

This Yoga positions are the best for surfing and to strengthen your core.

The mountain pose-



The chair pose-



Lotus pose-



Camel pose-



Warm up

Run along the beach. **Do this if your going to surf in cold water!**

Stretch your key muscles:-

- Hamstrings
- Quadriceps
- Lower back
- Shoulders
- Arms
- Neck

Practice your pop ups (page 5) on the beach and practice yoga (next pages) to strengthen your core.

Downward-facing dog-



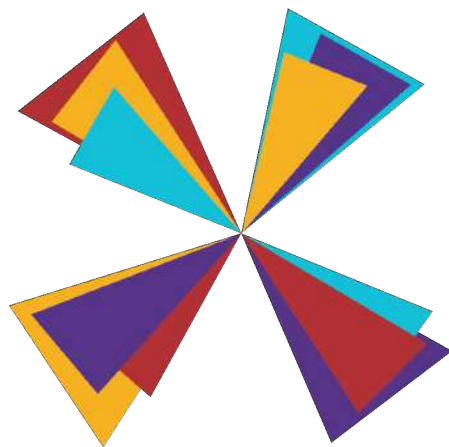
Tree pose-



Key points to remember when surfing

- **Never** throw your board.
- Keep your leg rope attached at **all** times.
- Start out in small waves.
- Build your confidence so you can surf big waves.
- **Have fun.**
- If you're nose diving, you're too far forwards. Make sure your feet are off the board, back arched and chest up.

Don't forget to share work, photos and
tips with us on Twitter [@blatchmill](https://twitter.com/blatchmill)



#TeamBlatch