

# JUNIOR SAINTS ACTIVITY PLAN

AGES 7–11

## SAILING

### PHYSICAL CORE

Version 2026.1



## Dry-Land Sail

*Learn how a sailboat works and how to steer, all on dry land.*

🕒 60 minutes · one session

### 🎯 WALK AWAY WITH

- Has fit a life jacket and checked it stays put.
- Has found the wind direction three different ways.
- Has tried a tiller and a sail on a pretend boat.
- Has named four parts of a sailboat: bow, stern, sail, tiller.

### 📦 BRING / SET UP

- A life jacket for each Junior Saint (any properly sized PFD works)
- A broomstick or sturdy dowel for each pair of Junior Saints (the pretend tiller)
- An old bedsheet and two short poles or sticks (the pretend sail)
- A blue tarp or two long ropes to mark out a pretend boat shape on the floor
- A short strip of ribbon and a whistle for the leader

### FOR THE LEADER

This is a Junior Saints preview of the **Sailing** badge. No advancement credit is earned here — the goal is to introduce these concepts to Junior Saints alongside the older Saints Global youth working the full BRC. The 4-session Saints Global arc lives under *Activity Plan (SG)* in the BRC builder.

## DRY-LAND SAIL (PAGE 1 OF 2)

## THE HOUR

BLOCK 1 · DISCUSSION **Opener — Welcome circle**

⌚ 5 min

Stand in a circle. Each Junior Saint says his name. Then he names one place he has felt strong wind. Examples: the playground, a hill, the beach, the car window. The leader goes last. Keep each turn short.

BLOCK 2 · SKILL PRACTICE **Fit your life jacket and find the wind**

⌚ 10 min

1. Hold up a life jacket. Point at the buckles, the zipper, and the loop on the front.
2. Put your life jacket on. Buckle every buckle. Zip the zipper.
3. Pull the loop on the front up toward your chin. It should not come past your ears.
4. Step outside or near a window. Wet one finger. Hold it up. The cool side faces the wind.
5. Toss the ribbon up. Watch which way it blows. That is the wind direction.
6. Teaching point: a sailor checks the wind before he does anything. Wind first, every time.

BLOCK 3 · PHYSICAL **Tiller and sail**

⌚ 15 min

1. Two youth stand inside the tarp boat. One in the bow at the front. One in the stern at the back.
2. The stern youth holds the broomstick like a tiller. Push it left to steer right. Push it right to steer left.
3. The bow youth holds the bedsheet sail with two poles, one in each hand, arms wide.
4. The leader stands behind the boat and waves a hand. That is the wind.
5. Bow youth turns the sail to catch the wind. Stern youth pushes the tiller to point the bow away from the wind.
6. Switch spots after two minutes. Each youth tries both jobs.
7. Teaching point: the tiller steers the boat. The sail catches the wind. Two jobs, one boat.

BLOCK 4 · PHYSICAL **The capsize game**

⌚ 12 min

1. Stay in your tarp boat. Hold your broomstick or sheet.
2. The leader blows the whistle. That means capsize.
3. On the whistle, step off the tarp. Keep one hand on the tarp the whole time.
4. Walk around the tarp once. Then climb back on from the same side together.
5. Rule: never let go of your boat. Even on dry land, stay with the boat.
6. Run it three times. Each youth practices keeping a hand on the boat.

## DRY-LAND SAIL (PAGE 2 OF 2)

## THE HOUR — CONTINUED

BLOCK 5 · SKILL PRACTICE **Name the parts**

⌚ 10 min

1. Sit around the tarp boat in a circle. Take off your life jackets.
2. The leader points at the front of the tarp. "This is the bow." Each youth says "bow."
3. The leader points at the back. "This is the stern." Each youth says "stern."
4. The leader holds up the bedsheet. "This is the sail." Each youth says "sail."
5. The leader holds up the broomstick. "This is the tiller." Each youth says "tiller."
6. Play I-spy. The leader says "I spy the bow." The group points. Run through all four parts twice.

BLOCK 6 · REFLECTION **Close — Stretch and cheer**

⌚ 8 min

1. Stand in a circle. Stretch your arms, shoulders, and back. Hold each for 15 seconds.
2. Drink water.
3. Each Junior Saint says: "My favorite job was \_\_\_\_." Just the job: tiller, sail, or capsize.
4. Group cheer: "Stay with the boat!" Three times.
5. Homework: tell your parent the four parts of a sailboat you named today.

## AT THE CLOSE · DEBRIEF

1. Which way did the ribbon blow when the leader tossed it up?
2. Which side do you push the tiller to steer the boat right?
3. Name two parts of a sailboat you pointed at today.

☒ *This is a Junior Saints preview session. No Sailing BRC requirements are earned here — the goal is to introduce the concepts the older Saints will work on.*

HANDOUT 1 OF 1

FROM SESSION — TILLER AND SAIL

## Parts of a Sailboat

Print and post so Junior Saints can name the parts of a sailboat.

### SAILING · JUNIOR SAINTS CARD

## Know the parts of a sailboat.

Four parts. Each one has its own job on the water.

### The parts of a sailboat

Four parts. Four jobs. The wind blows into the sail.



1 **Sail** — catches the wind.

2 **Mast** — holds the sail up.

3 **Tiller** — steers the boat.

4 **Hull** — floats on the water.

### Remember on the water

Three things a sailor does every time.

1 Check the wind before you do anything.

2 The sail catches the wind. The tiller steers.

3 Always wear your life jacket on the water.

Before you get on the water, name which way the wind is blowing.

Print this handout for in-person reference during the session.