



# Children's Sailing Trust

## The value of sailing and outdoor activities within the educational framework

In essence, everything we set out to achieve should provide a safe and FUN learning experience for all.

We measure the impact of the sessions using the Warwick-Edinburgh Mental Well-being Scale (WEMWBS), which helps us record the mental health benefits achieved through our work. We have also built a framework to capture “stories” from teachers/group leaders and parents, which does not take long to complete and helps us gain funding to keep the sessions affordable.

All of our charitable programmes work through the RYA stages, which can award a child an internationally-recognised qualification.

### 1. Curriculum Alignment

- **Physical Education (PE):** Sailing integrates with the PE curriculum by promoting physical fitness, coordination, and motor skills. It offers a hands-on, active experience that enhances students' understanding of water safety, balance, and teamwork, which are often key components of physical education.
- **STEM Subjects (Science, Technology, Engineering, Mathematics):** Sailing offers practical applications of physics (wind, water resistance), geography (weather patterns, tides), and even math (navigation, measurements). Working in partnership with schools you could tie in lessons on buoyancy, velocity, and the environment, turning a day on the water into a live classroom experience.
- **Environmental Studies:** Use your location on the water to foster environmental awareness. Lessons on ecosystems, marine life, and the importance of conservation can directly link to science and geography courses, supporting the school's goals for sustainability education.
- **Personal, Social, Health, and Economic (PSHE) Education:** Sailing promotes resilience, emotional well-being, leadership, and self-confidence, aligning with PSHE objectives to build students' character, collaboration skills, and overall mental and social development.

### 2. Social and Emotional Learning (SEL)

- **Confidence and Resilience:** Sailing offers a unique environment that pushes children out of their comfort zone in a supportive, hands-on way. Overcoming challenges on the water builds resilience, problem-solving skills, and perseverance - qualities highly valued in SEL programmes.
- **Teamwork and Communication:** Sailing is an inherently team-oriented activity, which enhances students' ability to collaborate, communicate effectively, and work as part of a crew. These experiences build social skills and foster a sense of camaraderie and cooperation among peers.
- **Independence and Responsibility:** Taking charge of a vessel teaches responsibility and decision-making, reinforcing life skills that extend far beyond the water.

### 3. Health and Well-Being

- **Mental Health Benefits:** Being outdoors in nature, particularly near water, has been shown to reduce stress and anxiety while improving mood and focus. Sailing can help improve students' mental well-being by offering a sense of calm and accomplishment.
- **Physical Fitness:** Sailing provides a full-body workout, improving cardiovascular health, strength, flexibility, and endurance. It's an engaging and fun way to promote active lifestyles among students.

### 4. Inclusivity and Accessibility

- **Engagement for All Abilities:** CST's programmes are designed to be inclusive, offering adapted sailing experiences that meet the needs of children with disabilities or additional challenges. This ensures that all students, regardless of their physical or cognitive abilities, can participate, fostering a more inclusive school environment.
- **Access to New Opportunities:** For many students, sailing offers exposure to an entirely new activity they might not otherwise experience. This broadens their horizons and introduces them to potential lifelong

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hobbies, interests, or even career pathways. Most years when our fundraising is successful CST offers bursary funding for those who show an interest in sailing and wish to develop their skills further during the holidays.

#### 5. Character and Leadership Development

- **Leadership Skills:** Students learn to take charge of situations, navigate challenges, and lead their peers, which is often a key focus in the school curriculum. Sailing provides a unique platform for developing these leadership qualities.
- **Problem-Solving and Critical Thinking:** On-the-water challenges require quick thinking and adaptation, helping students develop critical thinking skills that are applicable across their academic subjects.

#### 6. Outdoor and Experiential Learning

- **Hands-On Learning:** Sailing is the perfect example of experiential education, where students learn by doing. This method reinforces key academic concepts in a tangible, memorable way.
- **Connection to Nature:** Schools are increasingly focusing on outdoor learning to help students connect with the natural world, and sailing provides a powerful experience of both water-based ecosystems and environmental stewardship.

#### 7. Cultural and Historical Context

- **Cultural Awareness:** Sailing has a historical significance, especially in coastal regions like Cornwall. Through CST, students can engage with the local maritime heritage and the cultural history of their region, making ties to history lessons or regional studies.
- **Career Pathways:** Introducing students to maritime activities can inspire interest in various career paths within marine industries, from sailing and tourism to environmental sciences and conservation.

#### 8. Supporting Key Deliverables for Schools

- **Ofsted Focus Areas:** Emphasise how CST's programmes align with school performance indicators such as student personal development, behaviour, and attitudes, as well as the broader cultural, moral, and social development outlined in the Ofsted framework.
- **Enrichment and Extra-Curricular Offerings:** Sailing offers a valuable addition to the school's enrichment programmes, providing extra-curricular activities that foster a well-rounded education.