

PIP HARE and the Vendée Globe



This is Pip

Who is Pip Hare?

Pip is a professional solo sailor.

She has over 20 years of experience sailing in some of the world's harshest environments.

In 2020 Pip took part in a race called the Vendée Globe. Currently, she is only the 8th woman in history to complete it.

Pip's boat is an IMOCA 60.

Facts about Pip...

1. It took Pip 95 days to sail around the world.
2. Pip decided she wanted to compete in the Vendée Globe when she was a teenager.
3. Pip's boat, Medallia, is named after her Title sponsor.
4. Pip will be competing in the next Vendée Globe in 2024.
5. Pip's favourite animals are dolphins.
6. Pip and her team are based in Poole, Dorset.
7. Pip's favourite freeze dried meal is fish and potato with parsley sauce.
8. Pip hates mushrooms!



This is Pip's boat, Medallia

What is the Vendée Globe race?

The Vendée Globe race is a non-stop solo race around the world.

The race starts and finishes in France. It is over 24,000 miles long and takes place every 4 years, like the Olympics.

Vendée

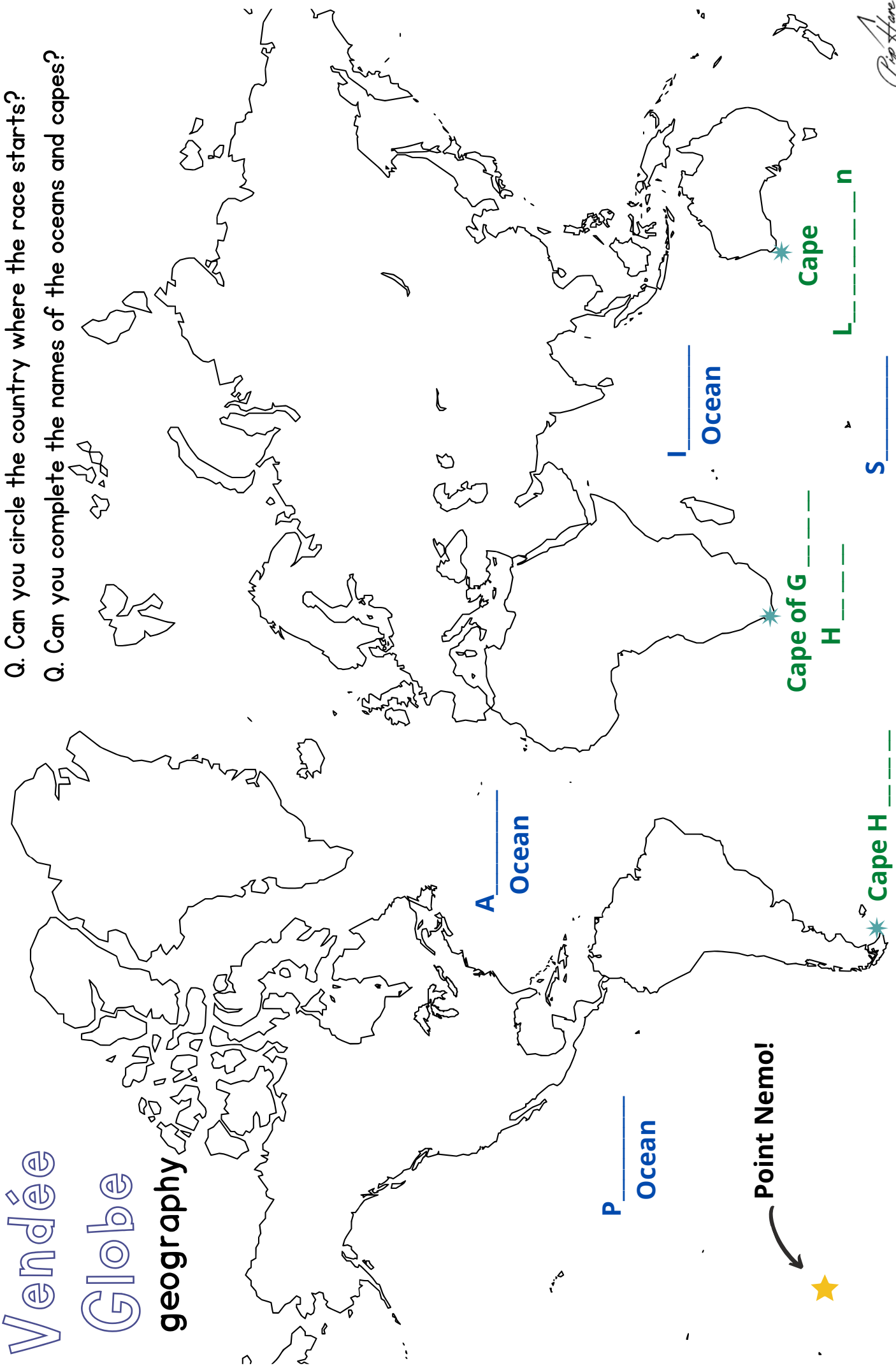
Globe

geography

Q. Do you know what a cape is?

Q. Can you circle the country where the race starts?

Q. Can you complete the names of the oceans and capes?



Medallia



Pip's boat Medallia has an impressive history!

It won the 2016 race, setting a new course record of 74 days which remains unbeaten.

In the 2020 Vendée Globe Race, it came an impressive 3rd position.

HOW LONG IS MEDALLIA?

.....

HOW HEAVY IS MEDALLIA?

.....

**WHAT IS THE SAME WEIGHT AS
MEDALLIA?**

.....

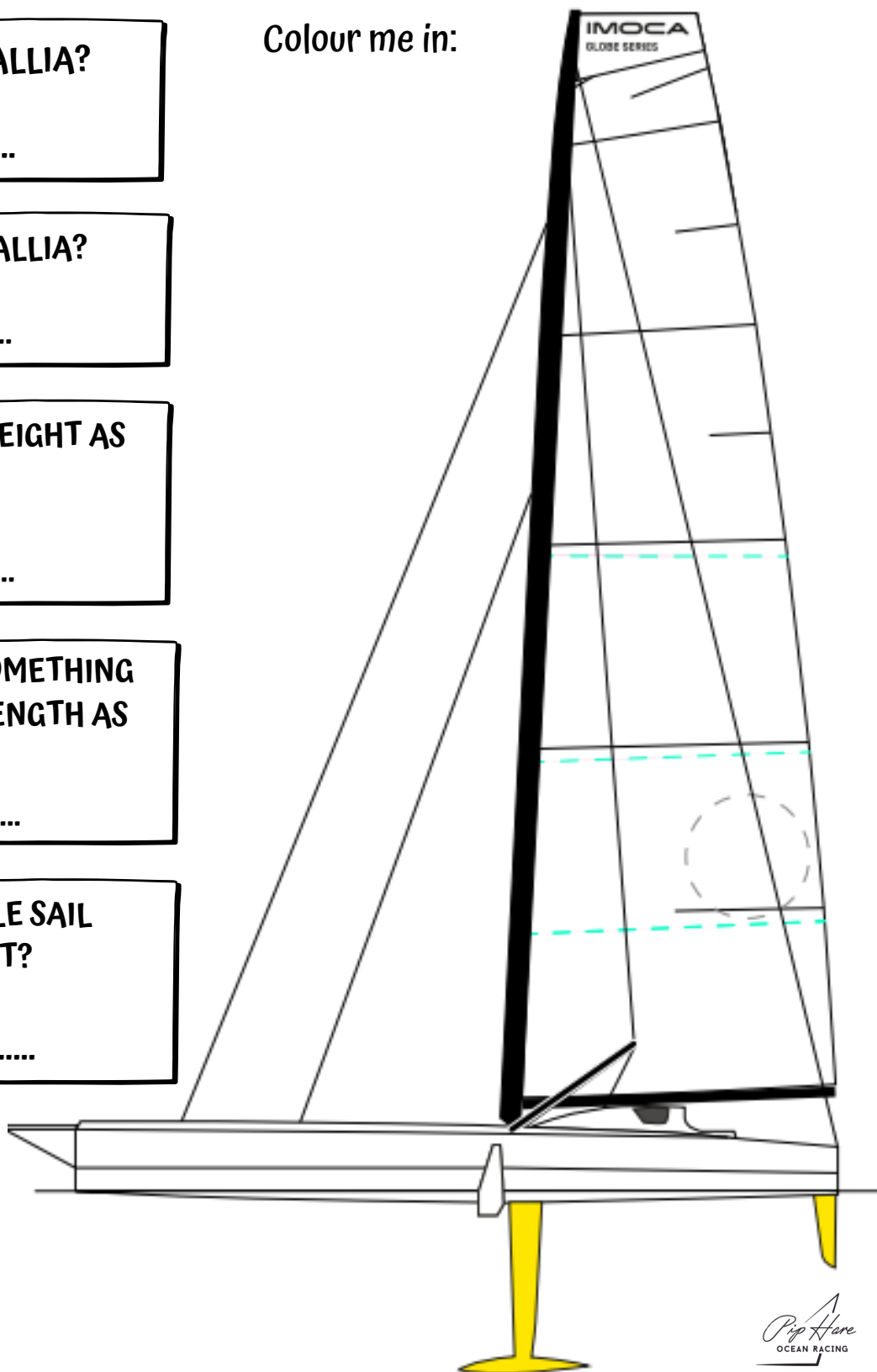
**CAN YOU THINK OF SOMETHING
THAT IS THE SAME LENGTH AS
MEDALLIA?**

.....

**HOW MANY PEOPLE SAIL
ON PIP'S BOAT?**

.....

Colour me in:



SAFETY ONBOARD

Pip takes the following safety equipment with her when sailing.

Can you explain what they are used for?









Read the questions below and tick the correct answers

What number would you dial if you saw someone in trouble in the water?

999/112

911/122

909/121

Which emergency service would you ask for if you saw someone in trouble in the water?

Police

Coastguard

Train

You unexpectedly fall in the water. What should you do?

Float on your back

Dive under

Close your eyes

What would you use if you had to abandon your boat in the Atlantic Ocean?

Snorkel

Inflatable

Liferaft

What is the purpose of a lifejacket?

To look nice

To stay dry

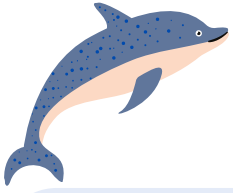
To float

What would you wear to keep you warm in the Southern Ocean when sailing?

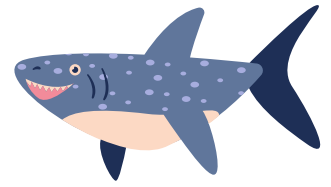
Swimsuit

Drysuit

T-shirt



Animals and their environments



Oceans are huge bodies of water generally separated by continents. 71% of the Earth's surface is covered by ocean water.

Oceans are the lungs of the Earth. The majority of Earth's oxygen comes from oceans. They provide oxygen and also absorb much more carbon dioxide than our atmosphere. Oceans also regulate our climate, transporting heat from the equator to the poles.

When sailing around the world Pip gets to see lots of animals in their natural environments. Unfortunately, pollution is a growing problem in today's world. Many different animals are in danger because of the effects of pollution in the ocean and on their environments.

An environment is everything around us. All our surroundings including the air, soil, water, plants, and animals make up the environment. Animals need healthy environments to survive.

Can you remember the names of the oceans that Pip sailed over during the race?

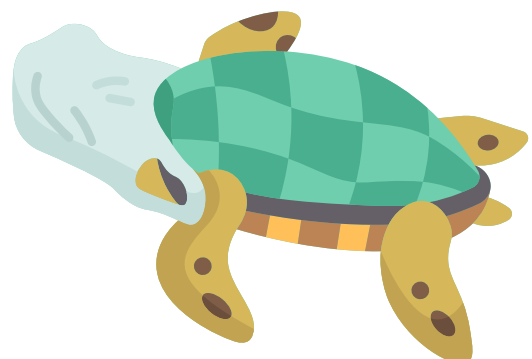
Can you remember the two animals in the video and a fact about each?

① _____

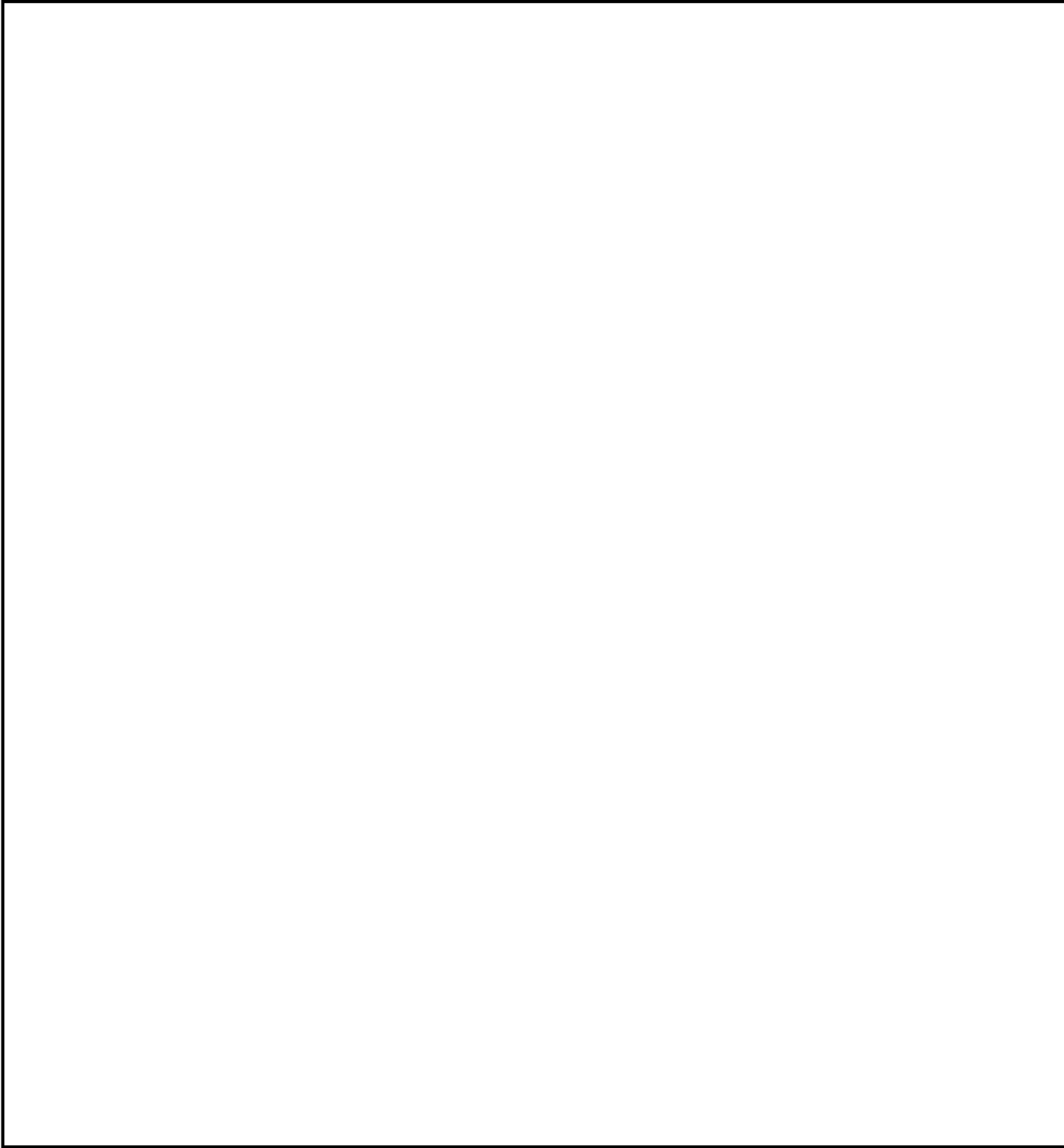
② _____

What do you think the biggest threat to their environment is?

Can you provide examples of the different types of pollution?



Draw a poster to raise awareness of plastic pollution in the ocean



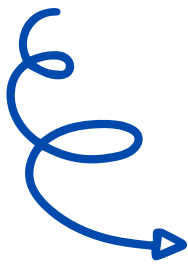


Healthy Eating

During the Vendée Globe Pip had to take enough food to last the entire race. As the race can take longer than 3 months, she can only take a small amount of fresh food. This means she has to take something called freeze dried food, just like the astronauts do! To be able to eat it, she has to add boiling water. To ensure Pip has enough energy she must eat a well-balanced diet during the race.

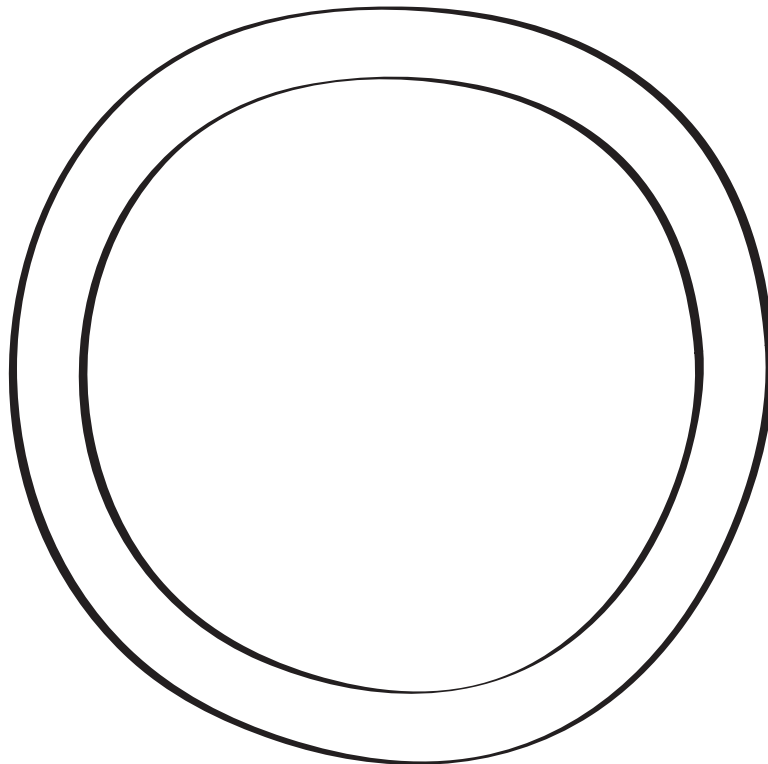
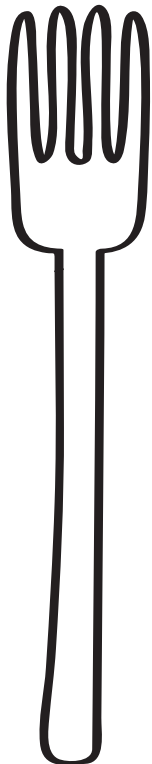
To stay healthy, we need a well-balanced diet. We should enjoy food from the 5 main food groups listed below:

<p>Fruit & Vegetables</p>	<p>Carbohydrates</p>	<p>Protein</p>
<p>Fats</p>	<p>Dairy & Dairy Free alternatives</p>	



Draw your favourite healthy meal

CHEF

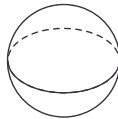
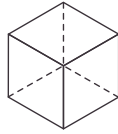
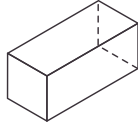
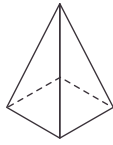


SHAPES ON THE BOAT

Pip's boat Medallia has lots of different shapes, but did you know that by understanding the shape of Medallia's sails, Pip can best adjust the sails to catch the wind.

Can you name some of the shapes you saw in the video?

Match the shape to the correct name



Cube

Sphere

Cuboid

Square Based Pyramid

Can you draw a boat using the shapes you saw in the video?