

## Core Skills Analysis

### English

- The student improved their listening comprehension skills by following the story of Jessica Watson in the movie.
- They expanded their vocabulary with nautical terms and sailing jargon used throughout the film.
- The student learned about storytelling and plot development by paying attention to the sequence of events in Jessica Watson's journey.
- They were exposed to different writing styles, such as reports and journals, which can inspire them in their own writing.

### History

- The student gained knowledge about solo sailing expeditions and the historical significance of Jessica Watson's achievement.
- They learned about the challenges faced by individuals in historical maritime endeavors, connecting Jessica Watson's journey to broader historical narratives.
- The student may have developed a sense of chronology and time periods, as they followed Jessica Watson's journey around the world.
- They were introduced to the concept of perseverance and determination through studying Jessica Watson's story in a historical context.

### Math

- The student applied mathematical concepts such as distances, speeds, and calculations in understanding Jessica Watson's navigation and journey planning.
- They might have practiced geometry by visualizing sailing routes and angles on a map.
- The student engaged in budgeting and financial planning concepts as Jessica Watson had to manage resources during her journey.
- They learned about time zones and made calculations based on different time zones as Jessica Watson sailed across the globe.

### Physical Education

- The student observed the physical and mental endurance required for solo sailing, understanding the importance of fitness and health in extreme sports.
- They learned about the physical challenges of sailing, including balance, coordination, and strength needed to handle a sailboat in various conditions.
- The student may have been inspired to take up sailing or other outdoor activities, encouraging physical fitness and adventure sports.
- They gained knowledge about different muscle groups used in sailing and how physical training plays a crucial role in sports like solo sailing.

### Science

- The student learned about meteorology and weather patterns as they followed Jessica Watson navigating through different climates and conditions.
- They gained an understanding of oceanography, marine life, and ecosystems while exploring the seas with Jessica Watson.
- The student may have studied physics concepts like forces, buoyancy, and motion through the lens of sailing and boat dynamics.
- They were introduced to technology and engineering aspects of sailing, including boat design and navigation instruments, promoting an interest in science and technology.

## Social Studies

- The student explored cultures and geography as Jessica Watson travelled to different countries during her journey, enriching their understanding of diversity.
- They learned about global citizenship and the interconnectedness of people worldwide through Jessica Watson's voyage.
- The student developed empathy and appreciation for individuals overcoming challenges and achieving their goals, reflecting on broader social issues.
- They may have discussed environmental awareness and sustainability, considering the impact of human activities on the oceans and natural environments portrayed in the movie.

## Tips

After watching the True Spirit movie about Jessica Watson, consider promoting further learning opportunities by encouraging the child to engage in related activities. They could create a scrapbook or journal inspired by Jessica's journey, participate in sailing simulations or virtual tours online, or even try their hand at basic navigation exercises using maps or compasses. Discussing themes of determination, adventure, and resilience with the child can also help reinforce the lessons learned from the movie in a meaningful way. Additionally, exploring real-life stories of other young adventurers or historical figures can inspire a sense of curiosity and discovery in the child's educational journey.

## Book Recommendations

- [One White Dolphin: Book 1](#) by Gill Lewis: A heartwarming story of a young girl's connection to nature and adventure, blending themes of friendship, conservation, and courage.
- [The Boy Who Sailed Around the World](#) by Gary Crew: Follows the extraordinary journey of a young boy's solo sailing adventure and the challenges he faces at sea, inspiring readers with themes of resilience and determination.
- [The Watcher](#) by Nikki Grimes: A poetic exploration of nature and self-discovery, inviting young readers to reflect on the beauty of the world around them and the importance of observation and contemplation.