



Brief Description

Kayaking is an excellent way to introduce the student to the water environment. Through this exciting medium the students learn to manoeuvre a kayak. The session usually consists of skills training/discovery, skill specific games and a journey.

PSHE and Wider Learning Outcomes

- Team work and co-operation
- Acquisition of life skill – assessing risk
- Physical and mental health

Session Objectives

By the end of the session, students will

- Understand what it is /history
- Understand Equipment and use
- Understand the risks associated and how to minimise
- Show how to effectively manoeuvre a kayak

National Curriculum Outcomes

English: listen and respond appropriately to adults and peers

Geography: understand water features and natural resources

Science: understanding effects of water resistance and friction

Progression / Differentiation

The session can be adapted to meet the needs of the students. Within the session we can use a very sheltered/shallow venue to ease apprehension and aid success, or progress to longer journeys at different locations/environments to challenge.

Vocabulary

Kayak words: kayak, paddle, buoyancy aid, helmet, cockpit, stern,

Safety words: capsize, rescue

Activity words: left, right, forward, backwards, stop, push, pull, sweep

Team working words: communication, co-operation, negotiation, patience, listening, trust, tactics, support