



Brief Description

Canoeing is an excellent way to introduce the student to the water environment. Through this exciting medium the students work in small teams to manoeuvre a canoe. 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 canoe

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 raft canoes to ease apprehension and aid success, or progress to longer journeys at different locations/environments to challenge.

Vocabulary

Canoe words: canoe, paddle, buoyancy aid, helmet, gunnel, yoke,

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