

Canoeing is a great opportunity for your pupils to work together and communicate clearly to control their craft effectively. Whether your pupils are first-timers enjoying one of the Lake Districts fantastic lakes or maybe a slow-flowing river, whatever the challenge, the journey will always be exciting, occasionally challenging and fun – and sometimes very wet!

The aims of this activity are to...

- Introduce the safety aspects of canoeing.
- Explore basic skills required for canoeing including a variety of paddle strokes.
- Allow each participant to experience paddling in a canoe.
- Ensure participants work together supporting and encouraging each other.
- Provide an opportunity for participants to discuss what they have accomplished.

Learning Outcomes...

Upon completion of the activity, participants will have:

- Demonstrated the ability to listen to, understand and act on instructions received.
- Understood the influences that can impact their canoeing ability.
- Developed an understanding of associated hazards.
- Effectively worked in small teams supporting their peers throughout the activity and recognised their achievements.
- Contributed to a post-activity review led by the instructor identifying what they did well and then suggested ways to improve.

Progression...

Some participants may also:

- Understand some canoe paddle strokes and effectively implement these strokes.
- Take the initiative in evaluating their performance and that of the group.
- Be able to assess risks and understand how these may be controlled.
- Interpersonal communication
- Teamwork