



Canoeing

learnlink™

About the activity

Canoeing is a fantastic opportunity for your pupils to work together and communicate clearly to control their craft effectively. Whether your pupils are first-timers enjoying one of our on-centre lakes; experiencing a scenic cruise along the River Wye, or courageously facing the fast white water rapids of the Ardèche - Whatever the challenge, it will always be exciting, challenging and fun – and occasionally very wet!

Activity aims

The aim of this activity is 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.

Progression opportunities

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.

In addition, participants should also have developed in the following:

- Interpersonal communication
- Teamwork

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.
- An understanding of associated hazards.
- Effectively worked in small teams supporting their peers throughout the activity and recognising their achievements.
- Contributed to a post activity review led by the instructor identifying what they did well and then suggested ways to improve.

Associated vocabulary

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| Words relevant to safety | e.g. rules, risk assessment. |
| Words relevant to equipment | e.g. buoyancy aid, paddle, helmet, canoe. |
| Words relevant to the activity | e.g. paddle strokes, rafting, manoeuvring, wind. |
| Words relevant to teamwork | e.g. achievement, communication, encouragement, listening, participation, review, support, trust. |