



# Kayaking

learnlink™

## About the activity

Kayaking is a great way for your pupils to explore our lakes and rivers and it remains one of our most popular activities. Our instructors will help your pupils get started, teach them the basics and then help them to push the boundaries of what they can achieve. There are games and individual challenges to improve teamwork, communications and confidence on the water.

## Activity aims

### The aim of this activity is to:

- Introduce the sport of kayaking and the necessary equipment.
- Allow each participant to experience kayaking.
- Allow guests to increase their water confidence by taking part in a water sport.
- 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
- An understanding of hazards associated with kayaking.
- An understanding of the necessary personal protective equipment associated with kayaking and how to correctly wear it.
- An understanding of how to sit in a kayak ensuring correct points of contact and how to safely exit a kayak in case of a capsize.
- An understanding of how to correctly use a kayak paddle.
- A general ability to control their kayak including going forwards, backwards and turning.
- Gained confidence in taking part in a water sport activity.
- Participated in kayaking based games.
- Contributed to a post activity review led by the instructor identifying what they did well and then suggested ways to improve.

## Progression opportunities

### Some participants may also:

- Learn how to use a rudder to aid going forwards.
- Learn how to move a kayak sideways.
- Participate in an organised cap size drill (wet exit).

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

- Confidence
- Self-esteem
- Self-awareness
- Problem solving

## Associated vocabulary

<b>Words relevant to safety</b>	e.g. warm up, risk assessment, manual handling, capsize.
<b>Words relevant to equipment</b>	e.g. buoyancy aid, helmet, paddle, kayak, tow line, spray deck.
<b>Words relevant to the activity</b>	e.g. closed cockpit kayak, canoe.