



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; a slow-flowing river running through one of our centres, 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.
- 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.

Associated vocabulary

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.