

## Aims and Objectives for Introductory Sessions

The session titles listed would be appropriate for a group of teenagers who have never kayaked before.

The three sessions listed would be part of a longer session that incorporated short journeys and games.

We are assuming that you have general purpose kayaks without skegs. If the boats had skegs fitted the session objectives would be different, although the overall aims would still be the same

You can decide whether the students need to wear helmets or not.

The aims of the whole half day session are listed below.

Students will have a safe enjoyable learning experience  
 Students will be more comfortable around water  
 Students will experience a journey on the water  
 Students will want to go paddling again

Each session has a title and a set of general aims. This is followed by a series of precise objectives which will need to be covered in order to achieve the aims. We have included some ideas regarding activities you might use. Please feel free to use them or any others that you think will work.

## KAYAK SESSIONS

### Session 1 **GETTING ON**

#### Aims

Students will be able to get on the water with appropriate equipment that fits them

#### Objectives

Students will

- Have an appropriately fitted Ba, and footwear and clothing
- Be able to get connected in a kayak– knees, footrest, backrest
- Be able to exit a kayak
- Not be worried about falling out of the kayak
- Know what to do if they / others capsize
- Have a boat-paddle the right size
- Be able to get on the water (no paddles)

#### Possible activities

Paired BA/helmet checking

Bank getting in and out perhaps with a race

Brief about footrest/backrest adjustment

Shuffling in boat to the water

Playing hand paddle tig

## Session 2 **START TURNING**

### Aims

Students will have a safe enjoyable learning experience  
They will use their whole body to push the kayak  
Pushing with feet to make the boat turn

### Objectives

Students will

- Push with their feet to move the boat
- Look at targets to decide where to go
- Use lower hands to apply turning
- Lock the blade and move the boat

### Possible activities

No paddles, use hands to pull boat forward. Feet/no feet race.  
Paddle in water rotate boat  
Demo high hands and effect. Demo low hands and effect  
Eyes shut/ blindfolded and paddle to voice target

## Session 3 **KEEPING STRAIGHT**

### Aims

Students will be able to paddle in a straight line for 20 metres ie will be able to control a spin out when it happens  
They will use a correction stroke at the back of the boat.  
Students will be able to maintain momentum

### Objectives

Students will

- Be able to feel the boat going off course
- Place blade in the water behind them on the line of travel
- Pull the back of the boat/bum back into line
- Blade will be covered with water and stay still

### Possible activities

Use ideas session to introduce stern sweep  
Compass game  
Eyes closed after paddling and say which side the boat turns to  
Push boats to achieve above  
Paddle only using stern sweep on both sides  
Paddle at target, stop paddling, pause, correct

## CANOE SESSIONS

The session titles listed would be appropriate for a group of teenagers who have never paddled a canoe before.

We are assuming that you have tandem canoes.

You can decide whether the students need to wear helmets or not.

The aims of the whole half day session are listed below.

Students will have a safe enjoyable learning experience

Students will be more comfortable around water

Students will experience a journey on the water

Students will want to go paddling again

Each session has a title and a set of general aims. This is followed by a series of precise objectives which will need to be covered in order to achieve the aims. We have included some ideas regarding activities you might use. Please feel free to use them or any others that you think will work.

### Session 1 **GETTING ON**

#### Aims

Students will be able to get on the water with appropriate equipment that fits them

#### Objectives

Students will

- Have an appropriately fitted Ba, and footwear and clothing
- Be sitting or kneeling as appropriate
- Know what to do if they / others capsize
- Not be worried about capsizing
- Have a boat and paddle of the right size
- Be able to get on the water from the bank without getting wet feet or dragging canoes
- Be able to decide whether to sit or kneel

#### Possible activities

Students kneeling beside each other in the centre of the boat

Get seated with partner in canoe on bank

Paired BA/helmet checking

Brief about sit or kneel

Demo getting on

Play games to show advantages of kneeling when boat is unstable

## Session 2                    **TURNING USING FORWARDS AND BACKWARDS STROKES**

### Aims

Students will be able to turn the boat left or right when they need to  
Students will be able to paddle on a short journey

### Objectives

#### Students will

- Paddle on opposite sides
- Use forwards and backwards strokes to turn the boat
- Look at target
- Decide who should paddle backwards/forwards to turn the canoe
- Understand difference between high and low hands

### Possible activities

Spinning games kneeling in the middle of the boat  
Set rules for paddling side and play compass game  
What happens if one forwards and one backwards??  
One spin with high T peice and one with low. Count strokes  
Spin three times and stand up shouting something  
Eyes closed and turn to points  
Both sit in middle

## Session three                **STEERING**

### Aims

Students will be able to paddle in a straight line for 25 metres  
Stern paddlers will maintain directional control by pushing or pulling the back of the boat

### Objectives

#### Students will

- Look in the direction of travel
- Stern paddler will be able to feel the boat spin out
- correct the boat using a fixed blade at the back to push the back or pull the back
- students will pre rotate to lock the blade and then move the canoe using power transfer

### Possible activities

Ideas session stationary  
Students sitting facing each other so both can practice  
Direct instruction to deliver pre rotation  
Compass game  
Shorten paddle and how many pushes for a full circle  
Try sitting and kneeling  
Paddle at target with bow or stern eyes closed  
Open canoe darts