

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