

<b>ACTIVITY</b>
<b>CANADIAN CANOEING</b>

Key Skills			National Curriculum		Q.C.A.	
Communications	Working with others	Problem Solving	Physical Education	PSHE	Physical Education	Outdoor and Adventurous Activities
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**Learning Objective:** To introduce pupils to Canadian canoeing

**Description:** An opportunity to learn basic canoeing skills and develop confidence in the water through a variety of games and exercises that take place in the safety of the bay area and main Loch.

KNOWLEDGE	SAFETY	SKILLS
<ul style="list-style-type: none"> <li>• Recognising the importance of practising safety techniques.</li> <li>• Observing general safety rules for the bay and Loch area</li> <li>• <b>Keywords:</b> capsize, Sweep, Rudder, Power stroke.</li> </ul>	<ul style="list-style-type: none"> <li>• To recognise the perceived risk of the activity and how this is controlled by safety equipment.</li> <li>• Correct use of paddle and posture to reduce strain on body.</li> <li>• To be able to respond to instructions when asked to.</li> </ul>	<ul style="list-style-type: none"> <li>• To prepare physically for the activity in hand</li> <li>• To demonstrate basic forward and backward stopping, turning technique.</li> <li>• To work as a team of three and undertake a journey round the island and back.</li> </ul>