

ACTIVITY
KAYAKING

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 Kayaking

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"> • Recognising the importance of practising safety techniques. • Observing general safety rules for the bay and Loch area • Keywords: capsizes, Sweep, Rudder, Power stroke. 	<ul style="list-style-type: none"> • To recognise the perceived risk of the activity and how this is controlled by safety equipment. • Correct use of 7 key skills to good technique. • To be able to respond to instructions when asked to. 	<ul style="list-style-type: none"> • To prepare physically for the activity in hand • To demonstrate basic forward and backward stopping, turning technique. • To work as a team of three and undertake a journey to the top of the Loch and back.