

Session Plan – Kayaking & Canoeing

Key Stage: 2,3,4	Activity Aims & Learning Outcomes (suggested content and uses of activity):
To learn how to paddle To improve understanding of paddling technique Encourage and support others	Enjoyment Confidence and Character Environmental Awareness Activity Skills Personal Qualities Health and Wellbeing Increased Motivation and Appetite for Learning Broadened Horizons

Suggested session format:

	Duration:	Activity	Resources
Session Preparation:		<ul style="list-style-type: none"> Activity area and equipment pre check Check group information – any medical needs, special requirements, group size etc. 	Activity Operating guidelines
Start/ Safety Talk	10 mins	<ul style="list-style-type: none"> Welcome & activity introduction. Set the scene – think about group and what they wish to achieve. Consider learning outcomes of group and individuals and reviewing thereof during the session Safety brief- fit all participants in a buoyancy aid and explain the danger of water. Go through the different pieces of equipment. Demonstrate proper technique. Explain what to do in a capsize situation. Explain the safest method for getting on and off the water. 	
During the Session:	45 mins	<ul style="list-style-type: none"> Observe technique and provide 1-1 coaching where necessary for those requiring assistance. Introduce kayaking and canoeing games to facilitate learning process. Provide group participants with continuous development/ encouragement of new and existing skills. 	Appropriately sized Buoyancy aid, boats and paddles

		<ul style="list-style-type: none"> • Rotate participants so that all people have a go. • Ensure safety throughout. • Encourage all participants • Be enthusiastic! • Challenge the confident participants appropriately 	
Extension Activities:		<ul style="list-style-type: none"> • Competitions & Challenges 	
Review:	5 mins	<ul style="list-style-type: none"> • Confirm any learning that may have taken place. • Ensure equipment is stored securely. • Report any incidents/faults to office or line manager. 	