

Paddling: Kayaking, Canoeing, & Rowing

Day One (1): Kayaking

1. Face Forward in the kayak with legs straight and flat out.
2. Paddle has an oar on each side.
3. Hold the paddle above head; hands over the top of the shaft; bring arms down into lap.

*Sit on scooter.

*Place hands on oar with correct grip.

*Practice paddling in a straight line.

*Practice paddling straight; turn right; straight; turn right; return to start.

*Practice paddling straight; turn left; straight; turn left; return to start.

*Practice paddling on an obstacle course.

Day Two (2): Canoeing

1. Face forward in the canoe; sitting on knees.
2. Hold the grip (top of the oar) with one hand; the other hand is on the shaft.

*Sit on scooter.

*Place hands on oar with correct grip.

*Practice paddling in a straight line.

*Practice paddling straight; turn right; straight; turn right; return to start.

*Practice paddling straight; turn left; straight; turn left; return to start.

*Practice paddling on an obstacle course.

Day Three (3): Rowing

1. Face backwards; seated on a bench.
2. Hold end of the oar with both hands close together; between chest and lap.

*Sit on scooter.

*Place hands on oar with correct grip.

*Practice paddling in a straight line.

*Practice paddling straight; turn right; straight; turn right; return to start.

*Practice paddling straight; turn left; straight; turn left; return to start.

*Practice paddling on an obstacle course.