

Paddling-Canoeing

by

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Grade Level: K-12

National Standards:

#1:

#2:

#5:

#6:

Learning Objectives:

- The student will learn proper grip for holding a canoe paddle.
- The student will learn proper body position in a canoe.
- The student will practice paddling as if in a canoe.
- The student will learn and practice water safety and signals.

Space Needed:

- A large cafeteria, blacktop, or any flat surface is acceptable.

Equipment & Materials Needed:

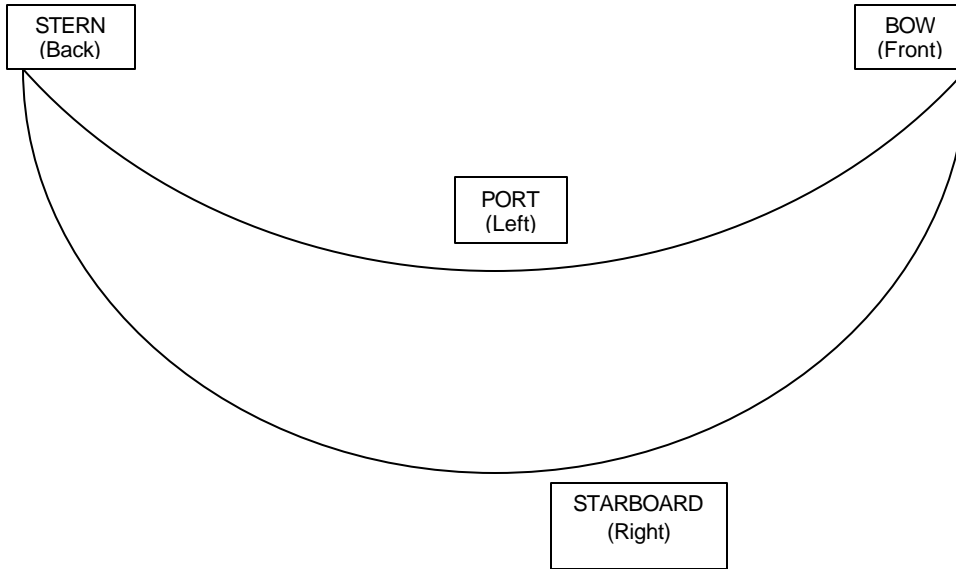
- One scooter per student or pair.
- One paddle per student or pair.

Set-Up:

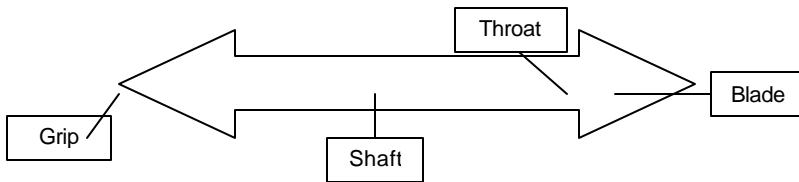
- Make a starting point and a finishing point.
- Be sure to space the students out so there is plenty of room to paddle without having safety concerns.

Description of Learning Activities:
Instructional Phrase:

Parts of a Boat:

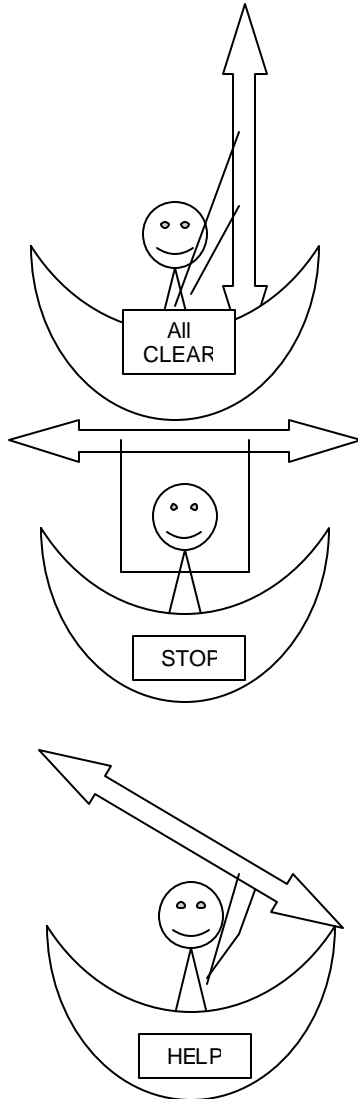


Parts of a Paddle:



Safety Concerns:

- Lifejackets (PFD): keeps you floating on the water.
- Don't change positions or stand up while in any kind of boat.
- Universal River Signals (p.5 "Know Your Limitations").



Types of Strokes:

- Propelling
- Turning
- Bracing

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Canoe Strokes:

- Bow Strokes: forward, draw, sweep, back, cross draw.
- Stern Strokes: forward rudder, sweep, back, draw, J stroke.
- Forward, back, pry, draw.
- Strokes per Minute:

Two Basic Types of Paddling:

1. Sweep (like a broom):
 - One oar with both hands
 - Pairs (2s), Four's (4s), Eights (8s)
 - Coxswain: the person who steers the boat and acts like an on-water coach).
 - ALL 8s have a coxswain.
 - 2s & 4s may choose to have a coxswain or not.
2. Sculling:
 - Two oars, one in each hand.
 - Singles (1x), Doubles (2x), Quads (4x).

Miscellaneous Information:

- The side of the canoe which you want to paddle is your "on-side".
- The hand on the "on-side" side is the "shaft hand".
- The other hand is the "grip hand".
- Shaft hand: the hand that holds the shaft of the paddle; shoulder-width apart; arms straight.
- Grip hand: The hand that rests on top of the paddle's grip and controls the angle of the blade.

Guided Practice:

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.

Authentic Assessment:

- Utilize a peer evaluation sheet. Partner makes a hash mark every time the stroke is correct.
- Peers observe one another and give feedback regarding the grip, body position, and paddling.
- Teacher observation of proper grip, body position, and paddling.