

Paddling-Kayaking

by

Kelly E. Duell, M.A.

Grade Level: K-12

National Standards:

#1:

#2:

#5:

#6:

Learning Objectives:

- The student will learn proper grip for holding a kayaking paddle.
- The student will learn proper body position in a kayak.
- The student will practice paddling as if in a kayak.
- 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:

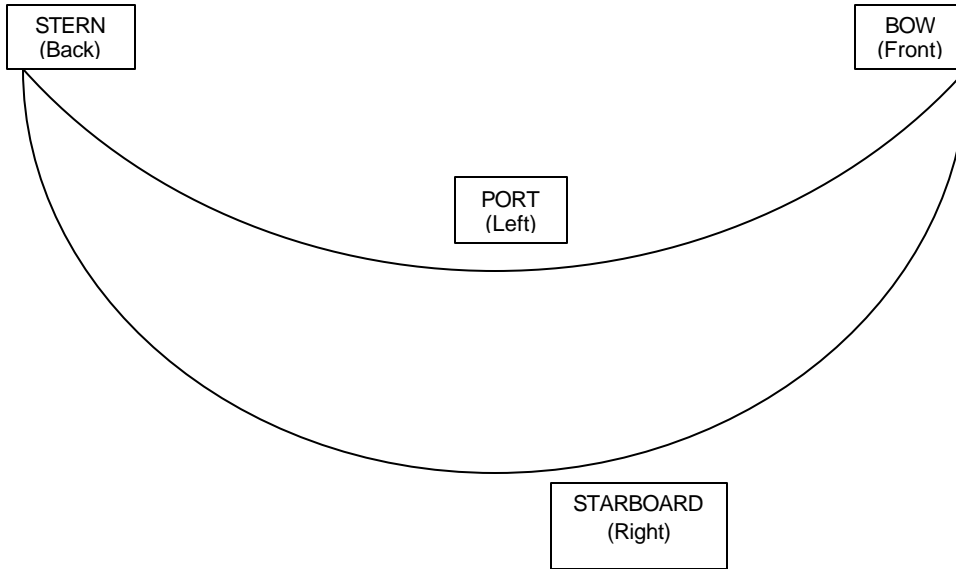
- Two scooters per student or pair.
- One double-oared paddle per student or pair.

Set-Up:

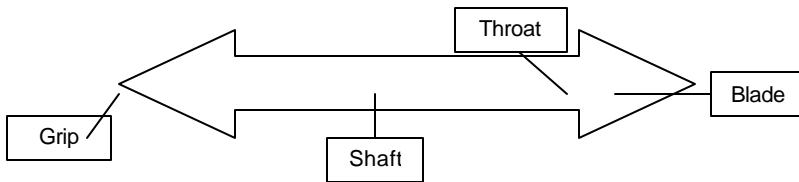
- Place the two scooters together.
- Make a starting point and a finishing point.
- Be sure to space the students out so there is plenty of room to paddle without having safety concerns.

Description of Learning Activities:
Instructional Phrase:

Parts of a Boat:

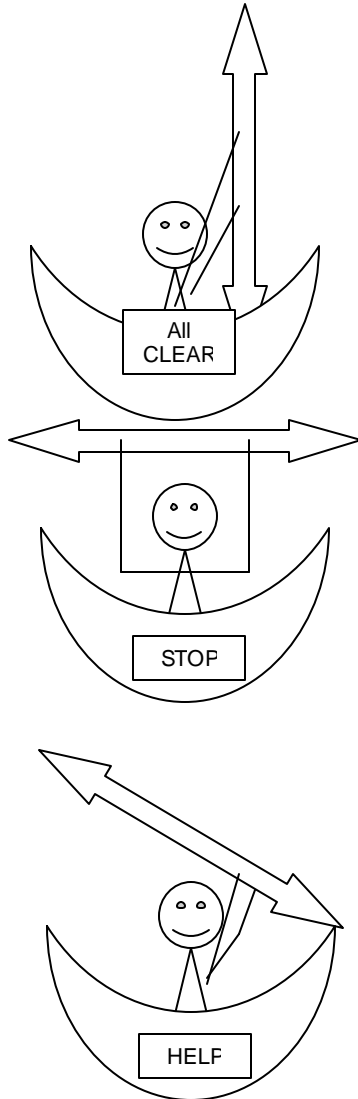


Parts of a Paddle:



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

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).

Guided Practice:

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.

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.