

# Paddling-Rowing

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 rowing paddle.
- The student will learn proper body position in a row boat.
- The student will practice paddling as if in a row boat.
- 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:**

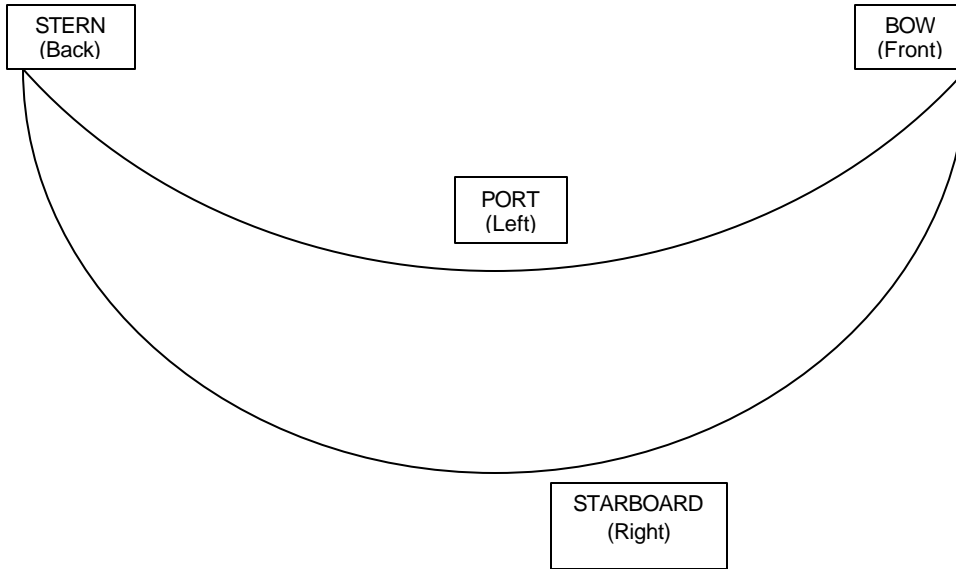
- One scooter per student or pair.
- One paddle per student or pair.

**Set-Up:**

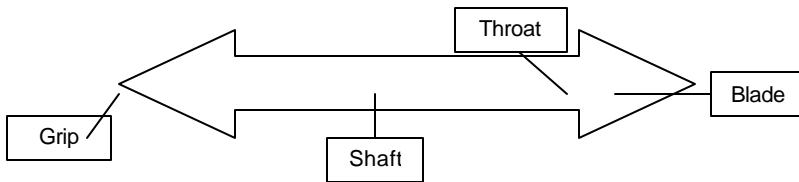
- Make a starting point and a finishing point.
- Be sure to space the students out so there is plenty of room to paddle without having safety concerns.

**Description of Learning Activities:**  
**Instructional Phrase:**

**Parts of a Boat:**

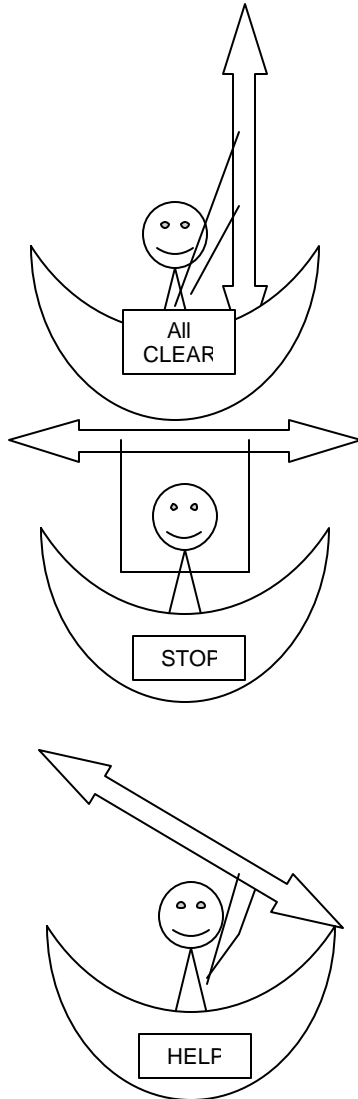


**Parts of a Paddle:**



**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

### **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 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.

### **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.