



Canoeing

An introduction to basic canoe skills, including safety, design and construction, paddling strokes and the art of sterning.

Duration: Full day

Curriculum Reference: Physical Education

Grade: 7-8

Minimum Supervision Requirements: 1 teacher and 1 additional supervisor

Learning Objectives:

1) To introduce basic canoeing skills

Big Ideas:

- Canoe safety
- Parts of a canoe
- How to lift, carry, enter/exit, and launch a canoe
- Parts of a paddle
- Proper grip and posture
- Proper stroke technique and intro to sterning



Sample Itinerary

(Times will vary based on bus charter timing)

10:00am	Students arrive	Welcome chat, washroom break, snack
10:30am	Intro to Canoeing	On-land lessons. Getting fitted with PFD and paddle. Intro to basic canoe skills. Tour down the lake.
12:00pm	Lunch	Lunch out on the lake at a campsite.
12:30pm	Paddle back to GLOC.	Paddle back to outdoor center.
2:00pm	Clean up, Depart	Final washroom break and snack. Bus departs (2:30)

