



Kayaking 101

An introduction to basic kayaking skills, including safety, design and construction, and paddling strokes.

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 kayaking skills

Big Ideas:

- Kayak safety
- Design and function of a kayak and parts of a kayak
- How to lift, carry, enter/exit, and launch a kayak
- Parts of a paddle
- Proper grip and posture
- Proper stroke technique

*** Depending on the group size, half the class may kayak down the lake in the morning while the other half hikes. The groups will meet up for lunch at a pre-determined spot and then the groups will switch activities for the trip back to the Outdoor Centre. ***



Sample Itinerary

(Times will vary based on bus charter timing)

10:00am	Students arrive	Welcome chat, washroom break, snack
10:30am	Intro to kayaking	On-land lessons. Getting fitted with PFD and paddle. Intro to basic kayak 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 Centre.
2:00pm	Clean up, Depart	Final washroom break and snack. Bus departs (2:30)

