



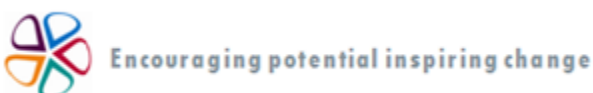
# Canalside Centre

## Key Stage 2

### Course Outline:

Participants need to be changed into suitable clothing for the kayaking/canoeing session i.e. warm clothes for winter, and sun hat and light clothes for summer. They will need buoyancy aid and waterproof clothing for each session. Each session will:

- Welcome the group to the facility, enter names into register.
- Warm up. This needs to be explained to the group, why we are doing this and good practice emphasised.
- Weekly sessional summary:
  1. Introduction to sport.
  2. Basic technique.
  3. Focus on teamwork.
  4. How to improve performance.
  5. Advanced technique.
  6. Application of skill.
- Warm Down. Explaining the importance of warming down.
- Sessional debrief. Instructor filling in paper work.





## Learning Outcomes

At key stage 2 pupils are set challenges and problems to solve, both individually and in small groups. In outdoor and adventurous activities, children should learn to follow routes, try solving physical problems and challenges whilst learning to work safely in a range of situations.

Learning outcomes at Key Stage 2:

- Understanding the purpose of an activity and plan their actions so they are successful.
- Chose simple approaches to solve problems set.
- Work cooperatively with others to solve tasks.
- Recognise and describe the different physical demands of the tasks and challenges.
- Show an awareness of how to keep safe.
- Observe what they and others have done and use their observations to improve performance.

The learning will follow a PaddlePower syllabus this award is suitable up to 11 year olds.

