



Canalside Centre

Canoeing Taster Session

About the Activity:

What is it?

This is an exciting session that introduces young people to the sport of canoeing. Participants use open cockpit canoes and basic skills are developed through the use of games with the primary focus of the session being fun.

How do I do it? Who is the Event For?

All young people (9+) – aimed at Key stage 2, 3 and 4.

Aim of the Event:

- To introduce young people to canoeing and allow them to participate in a sport they may not have tried before.
- To develop teamwork and communication skills.
- To present young people with an alternative method of improving fitness.

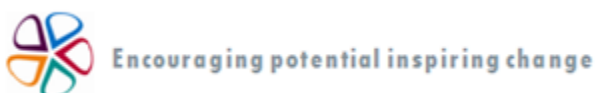
Where does this take place?

At the Canalside Centre.

Learning Outcomes:

Upon completion of the activity, participants will have:

- Demonstrated the ability to listen to, understand and act on instructions received.
- An understanding of some of the necessary personal protective equipment associated with canoeing and how to correctly wear it.
- Gained an understanding of the importance of warming up before an activity.
- An understanding of how to sit in a canoe ensuring correct posture.
- An understanding of how to correctly use a canoe paddle.
- Developed teamwork and communication skills.
- Gained confidence in taking part in a new sporting activity.
- Gained self esteem.
- Gained self awareness.





Progression Opportunities:

- Participate in a free session at Canalside.
- Participate in an accredited paddlesport course.
- Work towards Paddlepower 'Start' and 'Passport' award.
- BCU Cross stream Challenge.

Accreditation:

- PaddlePower Start.

Additional Support recourses:

- Paddlepower Start Syllabus.

Canalside Centre: School Programmes

Email: canalside.centre@epiccic.org.uk

Phone: 020 8968 4500

