



Canalside Centre

Kayaking Taster Session

About the Activity:

What is it?

This is an exciting session that introduces young people to the sport of Kayaking. 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 kayaking and allow them to participate in a sport they may not have tried before.
- To present young people with an alternative method of improving fitness.

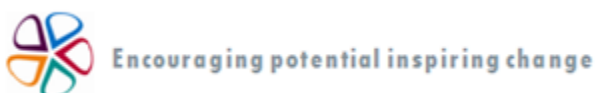
Where does this take place?

At Canalside Activity 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 kayaking 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 kayak ensuring correct posture
- An understanding of how to correctly use a kayak paddle
- 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

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