



Activity	Key Skills			National Curriculum		Q.C.A	
	Communication	Working with others	Problem Solving	Physical Education	PSHE	Physical Education	Outdoor and Adventurous activities
Canoe capsize	*	*		*	*	*	*

Learning Objective: To introduce pupils to canoe capsize.

Description: An opportunity to learn basic canoeing skills and develop confidence in the water through a variety of games and exercises that take place in the safety of the swimming pool.

KNOWLEDGE	SAFETY	SKILLS
<ul style="list-style-type: none"> • Recognising the importance of practising safety techniques. • Observing general safety rules for the pool area. • Keywords : capsize, cockpit 	<ul style="list-style-type: none"> • To recognise the perceived risk of the activity and how this is controlled by safety equipment. • Correct use of personal protective equipment. • To demonstrate the internationally recognised signals used when capsized. 	<ul style="list-style-type: none"> • To prepare physically for the activity in hand. • To demonstrate a controlled rolling technique. • To exit the canoe using the correct technique in a calm controlled manner.