



Activity	Key Skills			National Curriculum		Q.C.A	
	Communication	Working with others	Improving own learning and performance.	Physical Education	PSHE	Physical Education	Outdoor and Adventurous activities
Canoe capsize	*	*	*	*	*	*	*

Learning Objective: By the end of the session pupils will have experienced and be able to evacuate a capsized canoe using the nationally recognised guidelines.

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. To control a canoe in unstable water.