

Grade: 4th – Adult
(must fit into one of our
PFD...personal floatation
devices)
Time: 1 hour
Season: Spring, summer, fall

Canoe and Kayak

National Science Teaching Standards

- A. Science as **INQUIRY**
- B. **PHYSICAL** Science
- C. **LIFE** Science
- F. Science in **PERSONAL** and **SOCIAL PERSPECTIVE**
- G. **HISTORY** and **NATURE** of Science

Background Information:

Visit Iowa Department of Natural Resources website:
www.iowadnr.com/education/canoeing.html Share “Paddling Then...A Brief History of Canoeing and Kayaking,” and “Paddling Now.”

Objectives:

- Students will become familiar with basic canoeing safety.
- Students will become familiar with terminology and equipment essential for canoeing.
- Students will demonstrate the basic strokes for canoeing.
- Students will demonstrate appropriate techniques for entering, launching and exiting a canoe.

Pre Activity:

- Familiarize students with key vocabulary: stern, bow, leeward, starboard, windward, leeward
- Research the history of water as type of transportation.
- Research water sports in the Olympics.
- Invite Shields (located in Des Moines and Iowa City) or another outdoor adventure store or a parent to share canoeing equipment and adventures on the river!

Equipment:

- Canoes (7 provided by Springbrook, 3 people to a canoe)
- PFD (personal floatation device) 1 per person
- Paddles 1 per person

Procedure:

1. Review the vocabulary words with students.
2. Divide the students into groups of 3...a team for 1 canoe.

3. Pass out PFD (personal floatation device) to each student. Make sure the size and weight is appropriate for each student.
4. Demonstrate how to put the PFD on correctly and the proper fit!
5. Show them the “Rule of Thumbs” on PFD fit. Help students here with fit. Check each PFD fit.
6. Discuss the 3 positions in the canoe. The person in the bow (front) of the canoe will read the water and be the power for the canoe. The middle person should be the least experienced and will be just a paddler. The paddler in the stern (back) of the canoe will steer the boat and should be the most experienced.
7. Have the teams line-up on the shore in their order...the 1st person will be in the bow, the 2nd person will be in the middle of the canoe, and the 3rd person will be in the stern.
8. Handout paddles.
9. Instruct how to hold and use the paddle.
10. Instruct the “J” stroke...for forward movement. Practice on shore.
11. Discuss the impact the side in which you are paddling has on the movement and turning of the canoe. Practice with paddles on shore.
12. Instruct the backward stroke...which will move your canoe backward. Once again discuss the side on which you are paddling...it will control the direction in which turn. Practice on shore!
13. Discuss and practice how to turn a canoe to the right and to the left.
14. Practice on shore until you think the students are ready for the water.
15. Pick one canoe team to use as a model for entering, launching, and exiting the canoe.
16. Questions??? Be sure they answered before sending them out into the water.
17. Rules:
 - No rocking or ramming of canoes.
 - No standing up in the canoes.
 - No splashing water especially if it is spring or fall...hypothermia.
 - Set the boundaries for where students can canoe.
 - Must come back to shore if going to change positions in the canoe.
13. Send them off...walking around so you can see all of the canoes all of the times. Have adult teachers and chaperones help with this.
14. When there is about 10 minutes (15 minutes if you have to put canoes on trailer) left of class period, whistle for the canoes to come back to shore.
15. Be sure they exit the canoes properly and carry them onto the beach so they are secure.

Post Activity:

- Research Iowa Boating Regulations on the internet.
- Research boating etiquette and ethics.
- Invite a water safety speaker from the Red Cross to discuss water safety with your class.
- Contact your swimming pool and have life guard speak on water safety to your class.
- Background Information website: “Iowa’s Aquatic Resources” and “Issues Facing Our Aquatic Resources.”

Post Discussion:

- Discuss how you felt canoeing? Did you feel safe? What would make you feel safe? Will you do it again? How can you get access to the equipment?
- Discuss other water recreation...swimming, fishing, scuba diving, kayaking. Invite speakers to talk about these types of recreation.
- Discuss experiences students have had on the water...good and bad. Discuss the water safety needed to be involved in water sports.
- Discuss water pollution. What is causing it?
- How is the pollution impacting our water resources, recreation opportunities, our wildlife habitats, etc.?