



EduTrend Contents

W4C · WATER SPORTS · MIDDLE SCHOOL

Paddle Power: Kayak Skills

Forward, sweep and stop strokes with capsized drill

Ages 11–14

Level: Intermediate

90 minutes at a
water sports
centre

Groups with qualified
instructors

Activity 03

Inside: activity at a glance · step-by-step session plan · facilitator notes · 3 student worksheets · assessment checklist

ACTIVITY 03 · AT A GLANCE

Paddle Power: Kayak Skills

At an approved centre with qualified instructors, students fit buoyancy aids and helmets, learn to hold the paddle and launch safely, and practise forward, reverse and sweep strokes and stopping. In calm, sheltered water they complete a supervised capsize drill and a short paddling course.

Learning outcomes

By the end of the session students can:

- fit a buoyancy aid and check kit;
- perform forward, reverse and sweep strokes;
- steer around a course with control;
- explain and complete a supervised capsize drill.

KEY WORDS

buoyancy aid · paddle blade · forward stroke · sweep stroke · reverse · stop · capsize · wet exit

CURRICULUM LINKS

PE: outdoor and adventurous activities. Science: forces, buoyancy and levers. Geography: rivers and lakes.

1**PREPARE**

Kit, rules and checks

2**LEARN**

Skill or idea

3**PRACTISE**

Try it safely

4**APPLY**

Game or challenge

5**REFLECT**

What did we learn?

6**STAY SAFE**

Rules to remember

Equipment (provided by the centre)

- Stable sit-on-top or open kayaks
- Paddles, buoyancy aids and helmets
- Safety boat and throw lines
- Buoys or cones for a course
- Worksheets 1, 2 and 3

Before the session

- Book an approved centre with qualified instructors.
- Collect consent forms and swimming ability information.
- Check the centre's risk assessment and weather.
- Brief students on clothing.

SAFETY

Qualified instructors, calm sheltered water, a safety boat. Buoyancy aids always. Capsize drill only in shallow, supervised water.

ACTIVITY 03 • SESSION PLAN

Step by step

Most beginners paddle with their arms; coach them to rotate the body so the larger trunk muscles do the work.

Time	What happens	Say or ask
0–15 min Kit and briefing	Fit buoyancy aids and helmets; safety briefing.	<i>"How should a buoyancy aid fit?"</i>
15–30 min On the water	Launch, balance and forward stroke.	<i>"Where should the blade enter?"</i>
30–50 min Steering	Reverse, sweep and stop strokes.	<i>"How do you turn on the spot?"</i>
50–70 min Capsize drill	Supervised capsize and wet exit in shallow water.	<i>"What do you do first?"</i>
70–90 min Course and review	Paddle a buoy course; review.	<i>"Which stroke helped most?"</i>

CHALLENGE CARD (print or copy onto the board)

Paddle a short buoy course using forward, sweep and reverse strokes, stop on command and complete the supervised capsize drill.

ACTIVITY 03 · FACILITATOR NOTES

The water know-how in brief

A paddle works as a lever: the blade pushes water backwards and the kayak moves forwards, showing Newton's third law. Rotating the trunk lets the stronger core and back muscles drive the stroke.

A sweep stroke draws a wide arc from bow to stern to turn the kayak. Buoyancy aids keep a person afloat and must be correctly sized and fastened. In a capsize drill, paddlers learn to stay calm, exit the boat and hold on to it until helped.

Common ideas to listen for

- "Paddling is all arms." Trunk rotation gives power.
- "Good swimmers do not need buoyancy aids." Everyone wears one.
- "Capsizing means you failed." It is normal and practised safely.

Adapting the activity

Support

Paddle a double kayak with an instructor or confident partner.

Stretch

Try a draw stroke to move the kayak sideways.

WORKSHEET 1

Kit check

Name: _____

Class: _____ Date: _____

Tick and explain each item.

Kit

Item	Checked	Why it matters
Buoyancy aid		
Helmet		
Clothing		
Footwear		

WORKSHEET 2

Strokes

Describe each stroke.

Strokes

Stroke	What it does	Key tip
Forward		
Reverse		
Sweep		
Stop		

WORKSHEET 3

Reflection

Think about your session.

How I felt in the capsize drill

Stroke I improved

FOR THE TEACHER

Assessment checklist

Use during the session. One sheet covers up to eight students; copy as needed.

Student	Checks kit	Uses strokes with control	Completes capsize drill

Suggested codes: W = working towards • E = expected • G = greater depth

ABOUT THIS ACTIVITY

Paddle Power: Kayak Skills is a sample activity from the EduTrend Contents W4C Water Sports programme (middle school, level: intermediate). Every activity in the programme follows the same format: a practical challenge, a clear session plan, facilitator notes and ready-to-print worksheets, so that teachers, club leaders and parents can run it without extra preparation.

Full 15-, 20- and 32-week programmes are available from EduStore at edutrend.org.

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