

Summer School for Physical Education Teachers 2002

Teaching of Canoeing in Primary and Secondary Schools

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Objectives

- To introduce the basic canoeing skills to secondary school physical education teachers; and
- To provide sufficient leadership skills and safety precautions for secondary school physical education teachers in organizing canoeing activities in schools.

Outline

1. Practical Lessons

- Basic paddling forward and backward
- Transport and emptying
- Emergency stop, turning, balance strokes
- Basic shallow and deep water rescue techniques
- Basic canoe life-saving skills
- Leadership and expedition skills

2. Theory Lessons

- Safety precautions
- Life jackets and equipment
- Lesson and expedition planning

Course Entry Requirement

- Able to swim at least 50m
- Priority will be given to those PE teachers with life-saving qualifications