

5.1 Introduction

In ancient days, people put tree trunks into rivers for the purpose of hunting, fishing, transportation or warfare, straddled them to go downstream or used branches as paddles to move the trunks along. Later on, they burnt or chiselled out the interior of the trunks to sit inside, so constructing the first canoes.

Nowadays, canoeing has evolved into a sport. Besides being a leisure activity, it is also an Olympic event. Canoeing is one of the most popular co-curricular activities among local secondary students. Through canoeing, students enhance their knowledge of and interest in outdoor activities, heighten their safety awareness and develop an understanding of environmental protection and team spirit.

5.2 Learning Objectives in the Six Strands

Motor and sports skills

Through various kinds of simple and related activities or games, students gain an understanding of canoeing as a sport and develop an interest in it. They acquire basic canoeing skills for entertainment, survival and lifesaving.

Health and fitness

By participating in canoeing, students learn the relationship between sports and health factors. They may then continue to participate in canoeing to maintain good health and the optimal level of physical fitness.

Sports-related values and attitudes

Through participating in canoeing, students are better equipped to cope with challenges of nature and to protect the environment. They develop assertive behaviours and positive values and attitudes, appreciate individual differences and learn to respect others, know how to convey their views and feelings in appropriate ways to strengthen collaboration and team spirit; and realise the joy of shared happiness.

Knowledge and practice of safety

Through different learning and teaching activities, students learn the characteristics of canoeing. They develop safety awareness and learn how to prevent accidents when engaging in canoeing. They know how to apply their knowledge and react properly in dangerous or urgent situations to survive in the water and save other people's lives.

Knowledge of movement

Through different learning and teaching activities, students acquire knowledge concerning the planning of trips and principles of tides, wind direction, water currents, fluid mechanics, etc that help strengthen their critical thinking. They may also collect information from the Internet and the canoeing publications of European and American countries for enquiry studies on different aspects of canoeing.

Aesthetic sensitivity

Through various forms of practices, competitions and related activities, students have the opportunity to observe other people's performance and learn to identify the aesthetic element through reflective thinking and the sharing of views. When they appreciate the beauty of nature, they will better understand the importance of environmental protection.