

ACTIVITY
RIVER TRIP

Key Skills			National Curriculum		Q.C.A.	
Communications	Working with others	Problem Solving	Physical Education	PSHE	Physical Education	Outdoor and Adventurous Activities
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Learning Objective: To introduce pupils to Canadian canoeing in a river environment

Description: An opportunity to learn more advanced canoeing skills and develop confidence on the river through a variety of games and exercises that take place from the bank and on the river.

KNOWLEDGE	SAFETY	SKILLS
<ul style="list-style-type: none"> • Recognising the importance of river techniques including: Breaking in/out, portage. • Observing general good practice for journeying and being in the outdoors, leaving the place as you found it. • Keywords: Eddie, Break in/out, Portage, Downstream V. 	<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 paddle and posture to reduce strain on body. • To be able to respond to instructions when asked to. 	<ul style="list-style-type: none"> • To prepare physically for the activity in hand • To demonstrate basic forward and backward stopping, turning technique. • To work as a team of three and undertake a journey of 8 miles from Kingussie to Loch Insh(Grade 1) or Loch Insh to Aviemore.(Grade 2)