

CANOEING – FLEXI FIGURE 8/ STORMING SLALOM/CANOE TIPSY

Getting started

Flexi figure 8

- To set up, suspend two poles 60cm apart from a line stretched between two badminton posts. A stool or box to sit on should be placed under the line with the front of the stool being about 15cm from the pole.
- Sit on a box or chair and move in a figure of eight around the two suspended poles without touching them, by rotating at the waist.
- Do six revolutions, three starting to the left and three to the right, without moving feet.
- Scoring
 - Score two points each time you go round the rear pole without touching it. Twelve points maximum, and a further four bonus points for having no touches on either the front or rear post.

Storming slalom (linked task)

- Set up along the length of two gym mats, starting with an achievable limbo. On mat one, place two cones to slalom around leaving the second mat clear to be able to perform a roll.
- Starting on your knees to simulate C1 (canoe for one person), limbo under hurdle, slalom around cones to finish with a roll.
- Scoring
 - Clear limbo leaning forwards = two points; backwards = four points; clear round cones = four points; each touch of cones = two points, forward roll (as in boat exit) = four points; barrel roll = two points.

Canoe tipsy

- Set up using a gym mat, kneel either with two knees touching the floor or in the cricket long stop position – raising the rear foot.
- On a gym mat, kneel as in a canoe, raising the feet off the floor.
- How long can you balance, keeping body upright?
- Scoring
 - One point per second to a maximum of ten. Allow each person three attempts at this.

Quick introduction

The Paddlepower School challenge cards have three skills on each card leading towards the competition card and the development of canoeing-specific skills that are used on the water.

Health and safety points

- **Flexi figure 8** - utilise lightweight poles or skipping ropes to avoid knocking the head.
- **Storming slalom** - ensure all kneeling is done on the mat and ensure that students stay on the mat during the roll. Ensure young people feel confident to perform the forward roll movement.
- **Canoe tipsy** – ensure all kneeling is done on a mat.

Equipment required

- **Flexi figure 8** - one stool/box, badminton posts or similar, one rope, two poles or skipping ropes.
- **Storming slalom** - two gym mats, two hurdle posts, one cane, two high cones.
- **Canoe tipsy** - gym mat.



CANOEING – FLEXI FIGURE 8/STORMING SLALOM/ CANOE TIPSY



PHYSICAL ME

- **Flexi figure 8** - get participant to visualise locations of the ropes and to rotate from the waist around them in a fluid movement.
- **Storming slalom** - focus on the flexing of the waist for the limbo and the disorientation of the roll.
- **Canoe tipsy** - avoid over-balancing. Start with two knees on the floor then progress to the high kneeling position (cricket long stop) with the rear foot lifted from the floor.

SOCIAL ME

Leading and volunteering

- Record keepers could keep and record the scores for each participant. They will work as a team to display and record all the results on the day and calculate the winning teams.
- Equipment managers could check all equipment and space is safe. They will ensure all the equipment is available and set up correctly. At the end of the event they should put away all equipment correctly.

Think inclusively (STEP)

Space

- **Storming slalom** - adjust the height and position of the obstacles for athletes in wheelchairs.

Task

- **Flexi figure 8** - either move the suspended poles closer together or encourage SEN/disabled athletes to move in a figure of 8 and touch the poles with their body to score points.
- **Canoe tipsy** - encourage SEN/disabled athletes to start with their legs wide apart and then bring closer together to increase challenge.

Equipment

- **Canoe tipsy** - provide SEN/disabled athletes with a seat or bench in front of them for additional support if required.
- **Storming slalom** - if appropriate create a variety of different courses for SEN/disabled athletes.

People

- Allow visually impaired athletes to work with a guide.
- If beneficial allow SEN/disabled athletes to work in pairs to support each other.
- Ensure there is enough space in and between the bases for all players to move easily.
- Increase the space between bases to encourage movement; reduce space to make teaming up easier.
- If participants are struggling on their knees then a seated kayak position may be more suitable.

THINKING ME

Flexi figure 8:

- Where are the ropes?
- How can I feel my position without hitting the ropes?
- Can I do this with my eyes closed?

Storming slalom:

- What is my route?
- Can I go clean (no touches)?
- Where will I be after my roll?

Canoe tipsy:

- What will I feel when balanced on my knees?
- What does my stomach feel like when I am balancing on my knees?

SPORTING ME

Spirit of the Games



Believe that you can complete the task, but ensure that all achievements are applauded.

TACTICAL ME

What is going to be the best route and the most efficient way through the course for me?



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CANOEING - STAND UP AND SWING / PORTAGE PERIL / DEEP WATER MOUNT

Getting started

Stand up and swing

- This activity works best on a polished floor.
- Stand sideways to your partner facing opposite directions. Hold each other's wrist.
- Fore foot braced against partner's foot, maintaining straight arms, try and swing to where the other person is standing.

Portage peril

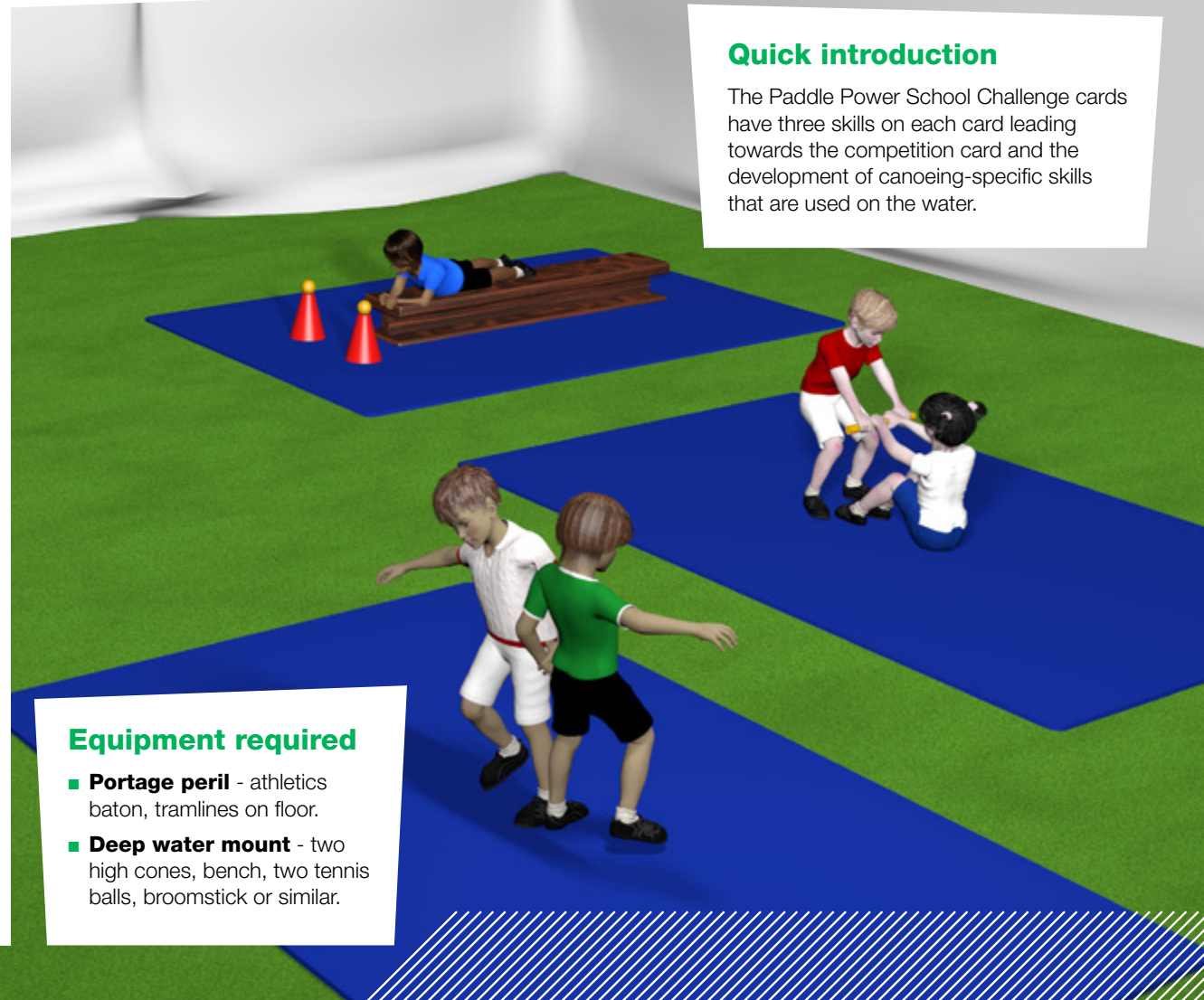
- In pairs, sit within court tramlines, toe to toe.
- Each person holds an athletics baton or similar.
- Take turns to stand up ensuring that your nose stays in line with knees and toes.
- Once upright, step sideways out of the boat (tramlines) before reversing the process.
- Scoring
 - One point for each double repetition (both paddlers) seeing how many can be completed within a minute. No score if the paddler goes outside the boat. If only one paddler, then wall bars or similar can be utilised.

Deep water mount

- To set up, place mat on floor to kneel on, next to a gym bench. Level with one end of the bench, place two cones one on either side of the bench around 15cm away from edge of the bench. On top of these two cones place the two tennis balls.
- Start on knees alongside bench.
- Move up to lying on stomach across bench, swing round so that body is along bench with head at target end.
- Next, drop legs and raise head into sitting position.
- Grasp broomstick and using kayak stroke, knock balls from cones on backwards stroke.
- Scoring
 - Two points for a smooth flowing action, four points for not touching floor once movement is commenced, two points for each ball knocked off.

Quick introduction

The Paddle Power School Challenge cards have three skills on each card leading towards the competition card and the development of canoeing-specific skills that are used on the water.



Equipment required

- **Portage peril** - athletics baton, tramlines on floor.
- **Deep water mount** - two high cones, bench, two tennis balls, broomstick or similar.

CANOEING – STAND UP AND SWING/PORTAGE PERIL/ DEEP WATER MOUNT



PHYSICAL ME

- **Stand up and swing** - keep body in line with partner and drive around the circle.
- **Portage peril** - keep baton low, use stomach to draw weight over baton.
- **Deep water mount** - keep centre of gravity low.

SOCIAL ME

Leading and volunteering

- Technical judges can ensure that the paddlers are using appropriate techniques.
- Record keepers could keep and record the scores for each participant. They will work as a team to display and record all the results on the day and calculate the winning teams.
- Equipment managers could check all equipment and space is safe. They will ensure all the equipment is available and set up correctly and reset between each paddler. At the end of the event they should put away all equipment correctly.

Think inclusively (STEP)

Space

- Ensure there is enough space in and between the bases for all players to move easily.
- **Stand up and swing** - allow SEN/disabled athletes to perform the activity sitting down with space in between to move their arms.



- **Portage peril** - if appropriate, encourage wheelchair athletes to lift their bodies off their cushions using their arms while remaining balanced.
- **Deep water mount** - alternatively, provide SEN/disabled athletes with a series of cones with balls on top, positioned around them and encourage them to knock them off using a pole held like a paddle. Award points for the number of balls knocked over.

Equipment

- **Portage peril** - if appropriate, allow SEN/disabled athletes to start sat on a chair and progress onto a low bench before sitting on the floor.

People

- **Stand up and swing** - encourage SEN/disabled athletes with limited mobility to explore their range of movement or allow athletes to mimic each other's movements without holding each other.
- If appropriate, mark out a zone near to the base for SEN/disabled players to follow circuit round.
- Allow visually impaired players to work with a sighted player.

Health and safety points

- **Stand up and swing** – space around the activity is required to avoid collisions. Good group control is required to avoid the young people yanking on each other's arms.
- **Deep water mount** – ensure that there is no-one within range whilst the paddler is striking the balls from the cones.
- **Portage peril** - Make sure you hold on tightly to the baton and that your feet don't slip.

THINKING ME

- **Stand up and swing** - where will I end up? Can I balance my partner's weight?
- **Portage peril** - try and keep your nose and toes in line as you stand up.
- **Deep water mount** - imagine a bar above the boat (bench) and try to stay under it.

SPORTING ME

Spirit of the Games



I will do what is required to complete the challenge without cheating.

TACTICAL ME

In Portage peril, it's important to stand up before I step out of the boat otherwise I will get wet!



CANOEING - SEATED SPIN / SEATED PASS REPETITION / SIT SPRINT

Quick introduction

The Paddle Power School Challenge cards have three skills on each card leading towards the competition card and the development of canoeing-specific skills that are used on the water.

Getting started

Seated spin

- Start seated on a swivel pad, sit fit or cushion, with two cones set at the ten and two o'clock positions.
- Hold a broomstick, hoola hoop or similar with a partner.
- Use the hips to drive rotation away from partner towards the cones, then repeat in other direction.
- Score
 - One point for each time your feet pass the cones.

Seated pass repetition

- Sit on bench within arm's reach of wall.
- Receive ball from front, rotate through 90° and touch ball against wall before returning ball with a chest pass, without anything touching the floor.
- Score
 - One point for each repetition within 30 seconds.

Sit sprint

- Sit up tall on a smooth polished floor. Walk each buttock forward whilst paddling with the opposite arm over a distance of 10m.
- First past the finish line scores a point with another point available for the best technique.

Equipment required

- **Seated spin** - swivel pad or cushion, broomstick or hoola hoop or similar.
- **Seated pass repetition** - ball, bench, wall.
- **Sit sprint** - clean, smooth, preferably polished floor. Flexible markers to mark start and finish areas.

Health and safety points

- Players must stay in the allocated zone.



CANOEING – SEATED SPIN/SEATED PASS REPETITION/ SIT SPRINT



PHYSICAL ME

- **Seated spin** - look to see that the participant is sitting up and that the leg is driving the action.
- **Seated pass repetition** - ensure clean movement and accurate passing.
- **Sit sprint** - keep it short; technique suffers over a distance.

SOCIAL ME

Leading and volunteering

- Technical judges can ensure that the activity is being carried out according to the described technique.
- Record keepers should record the scores for each paddler. They need to work as a team to display and record all the results on the day and calculate the winning teams.
- Equipment managers should ensure that the equipment and space is safe. They will ensure all the resources are available and set up correctly. At the end of the event they should put away all equipment safely and correctly.

Think inclusively (STEP)

Space

- **Sit sprint** - if beneficial, reduce the distance SEN/disabled athletes have to travel or allow them to use their hands to help them move.

Task

- **Seated pass repetition** - if appropriate, allow wheelchair athletes to catch the ball from in front of them and pass the ball from a different angle. Award points for each different angle they pass towards.
- **Seated spin** - if appropriate, allow SEN/disabled athletes to sit on a chair and mimic each other's movement patterns while holding a hoop or similar. Award points for range and quality of movement.

Equipment

- **Seated pass repetition** - for visually impaired athletes, consider using a ball with a bell and roll towards the athlete. The athlete should be sitting on the floor to perform the activity.
- **Sit sprint** - for wheelchair users, create a slalom course that challenges the athletes' movement and balance.

People

- Allow visually impaired athletes to work with a sighted athlete.

THINKING ME

- In Seated spin, are my shoulders and hips parallel?
- During Seated pass repetition, I need to rotate enough to touch the wall but not to go any further.
- In Sit sprint, how high can I lift one buttock?

SPORTING ME

Spirit of the Games



Believe in yourself and anything is possible.

TACTICAL ME

What will make me more efficient?



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CANOEING – CROSS STREAM GYM/ SPORTS HALL POLO/ SPORTS HALL SPRINT

Quick introduction

Canoeing has two disciplines in the Olympic Games: canoe sprint where the canoeists race in singles, doubles and fours in marked lanes over 200m, 500m and 1000m; and canoe slalom where the athletes have to negotiate a course down raging white water. The three competitions Cross stream gym, Sports hall polo and Sports hall sprint will give young people the chance to have a go at canoeing skills in school whilst improving the skills from the challenge cards.

These three stations are ideally set up as a circuit. Complete all three if possible.

Getting started

Cross stream gym

- Lay out cones to create a five spot cross as if on a dice.
- Teams of four young people work together.
- Each paddler competes to race around the challenge in a line following the team leader.
- Sprint across the school hall/sports hall in a seated position (Sit sprint).
- Complete a series of turns around 'buoys' and through a 'slalom' course to finish a lap.
- The challenge is to complete as many laps as possible in three minutes.
- Teams: nominate which canoeing Olympic medallist they are racing for. Choose from Marriot, Brabants, Ratcliffe, Reeves, Wynne, Walsh & Florence.
- Turns: each turn is named after an Olympic Games where a British canoeist has won a medal, plus London and represents a celebration of canoeing's Olympic success at every turn. Choose from Barcelona, Sydney, Athens, Beijing, London.
- The start and finish lines are named after the two London 2012 canoeing venues, Lee Valley Slalom Course and Eton Dorney Sprint Regatta.

Sports hall polo

- Within a tennis court, four players to a team.
- Can you score in a goal suspended 1.5m off the floor?
- All players to remain seated at all times, no contact, no moving with the beanbag or holding it for longer than ten seconds.
- Game to last seven minutes (three minutes each way plus a minute to change ends).

Sports hall sprint

- On a kayak or canoe ergo, how fast can you cover 100m?
- Everyone should get at least two runs – a heat and a final. See Paddling machine pack for safety information.



CANOEING – CROSS STREAM GYM/SPORTS HALL POLO/ SPORTS HALL SPRINT



PHYSICAL ME

- **Cross stream gym** - look to keep teams close together.
- **Sports hall polo** - look for accuracy when throwing – the ball will not bounce on the water.
- **Sports hall sprint** - check out the coaching points in the ergo resource <http://tinyurl.com/c9meb8q>

SOCIAL ME

Leading and volunteering

- Record keepers could keep and record the scores for each participant. They will work as a team to display and record all the results on the day and calculate the winning teams.
- Equipment managers could check all equipment and space is safe. They will ensure all the equipment is available and set up correctly. At the end of the event they should put away all equipment correctly.
- Referee should ensure that all events are played in the spirit of sportsmanship and should implement the rules.
- IT Manager: If using an ergo with a computer connection you will need someone to ensure the smooth running of the event.

Think inclusively (STEP)

Space

- **Sports hall sprint** - for SEN/disabled athletes who cannot use an ergo, time them running or wheeling 100m. Adjust the distance to make the activity appropriate to the athlete.

Task

- **Sports hall polo** - allow wheelchair athletes to play in their wheelchairs, same rules apply.
- **Cross stream gym** - allow wheelchair athletes to compete in their wheelchairs and introduce an additional slalom course for the sitting sprint.

Equipment

- **Cross stream gym** - use colour contrasting cones or spots to mark out the course for visually impaired athletes
- **Sports hall polo** - if appropriate, use different equipment, e.g. balls, and alter the height of the goal for SEN/disabled athletes.

People

- Allow visually impaired athletes to work with a sighted athlete.
- Allow SEN/disabled athletes to work as a team to complete the different challenges.

Health and safety

- **Sports hall sprint** – beware of revolving paddle shafts, machines to be at least 1.5m apart.

Equipment required

- **Cross stream gym** - five cone markers with games logo, two start/finish cones marked as Lee Valley and Eton Dorney.
- **Sports hall polo** - beanbag (rather than ball as it does not bounce), a flag 2m x 1m (approximately) to hang on wall as goal, tennis court or similar with a smooth floor.
- **Sports hall sprint** - kayak or canoe ergo that measures distance/time. Your local Canoe England regional development officer may be able to help.

THINKING ME

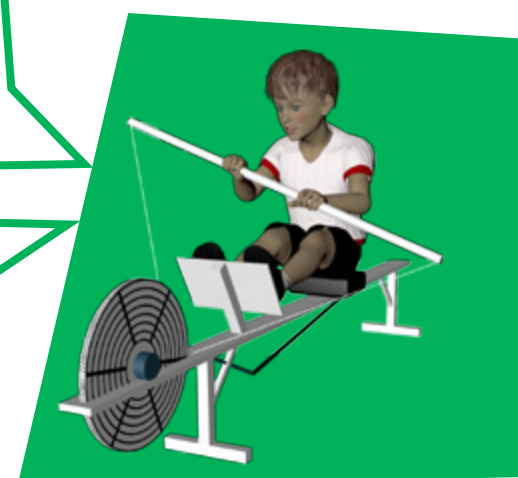
- How can I ensure I get the ball over the net?
- How should I aim carefully to get the ball in the hoop?
- How can I make sure I score at least one point in my attempts?

SPORTING ME

Spirit of the Games



Work as a team and ensure all abilities are appreciated and applauded.



TACTICAL ME

I always try to know my target before I get the ball.



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