

Secondary intra-school/Level 1 Resource

CANOEING – FOURS UP CANOE POLO



Quick introduction

Canoe polo is a fast, exciting team sport and is played in teams of four, either in the pool or in a sports hall. The aim is to score goals in the opposing team's goal.

Getting started

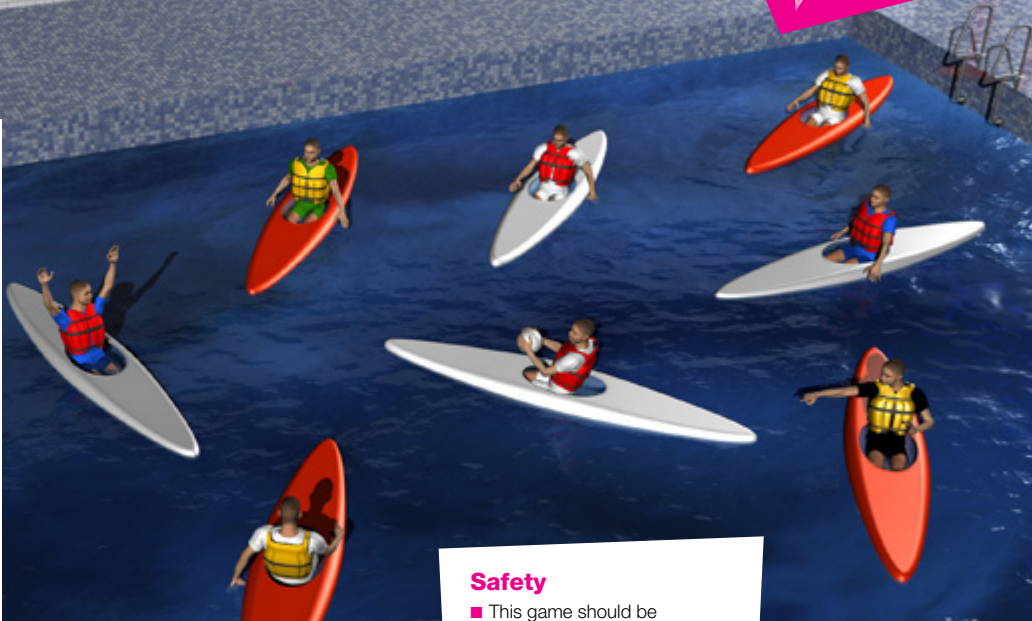
- Goals (a suspended flag or bucket) should be hung around 1.5m from the floor.
- If playing in a hall a badminton court will give appropriate size and markings,
- When playing in a hall use a large beanbag to stop the ball from bouncing.
- Players should sit and slide around the floor.
- If playing in a 20m pool then two games can be played across the pool.
- If playing in a pool paddles should not be used.
- Use a water polo or other suitable ball.
- Each team of four starts in their half of the court.
- Players may not move with or hold the ball/beanbag for longer than five seconds before passing.
- There is no goalkeeper.
- Play five minutes in each direction before changing ends.
- Playing this game would count towards your Paddlepower Explore award. <http://www.canoe-england.org.uk/youth/information-for-clubs-and-coaches-/paddlepower/>

Think tactics

Throwing accuracy and thinking about the whole playing space is more important than speed or power.

Safety

- This game should be non-contact and therefore does not require paddles or helmet.
- If playing in the pool please watch out for fingers between boats.



CANOEING – FOUR'S UP CANOE POLO



Organising the game

- Ensure that everyone understands the game before you start.
- Try to let the game flow rather than halting it frequently.
- If playing in the hall spare ball/people should return the ball to play quickly to speed things up.

Officiating

- Identify a referee to ensure players play by the rules and adopt fair play.
- Goal counters can record the score and adjudicate if a goal is scored.

Keep it enjoyable

- Try to keep the game flowing.
- Make the game fast without stopping.
- Try to make sides fair.

Make it easier

- To make the game easier think about lowering the goal, or allow the ball to be held for longer.

Think inclusively

- SEN/disabled players can play using a wheelchair or sitting on the floor.

- If beneficial, consider using a lighter or larger ball instead or a beanbag.
- If appropriate increase the time a SEN/disabled player can hold the ball or beanbag.
- If including visually impaired players consider using a jingle ball or a ball that colour contrasts with the floor. (Jingle balls must be rolled not thrown).

Spirit of the Games: *Excellence through Competition*



Canoe polo is the best example of team working in Paddlesport. The team is more important than any one individual.



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CANOEING – SPORTS HALL CANOE SPRINT

Quick introduction

Sprint is the purest form of canoe sport. How quickly can you cover 200 or 500m? Using a calibrated canoe or kayak ergo machine (your Paddlesport Development Officer may be able to help with this) you can either hold a time trial or head to head racing with up to nine lanes just like at the Olympics.

Getting started

- Calibrate the machines for the paddlers.
- Press 'go' and race.
- Record and display the results – you may wish to display this in a league ladder format.
- Issue BCU time trial awards.
- Contact your Paddlesport Development Officer for details.

Safety

- Ensure that there is an exclusion zone around each machine during racing.
- For risk assessment and guidance please see the Canoe England ergo resource <http://www.canoe-england.org.uk/youth/information-for-schools-and-education/-/ergo-paddling-machines/>

Think tactics

- Think about your technique; push with the foot on the footrest, and keep your top hand level with your chin.
- Keep going and think about your pacing through the race.



CANOEING – SPORTS HALL CANOE SPRINT



Organising the game

- Ensure you know how the ergo and any software works before the event.
- Include time for changeover between races.
- Machines should be calibrated for the paddler's weight (this should be done confidentially).

Officiating

- Involve young people:
 - As referees to ensure no false starts.
 - As software operators to run the event.
 - As results publishers.
 - As marshals to help set up the machines.

Keep it enjoyable

- Ensure lots of cheering and support from the others.
- Keep the races short.
- Give each participant recognition.

Make it easier

- Shorten the races (for example a 20m race).

Think inclusively

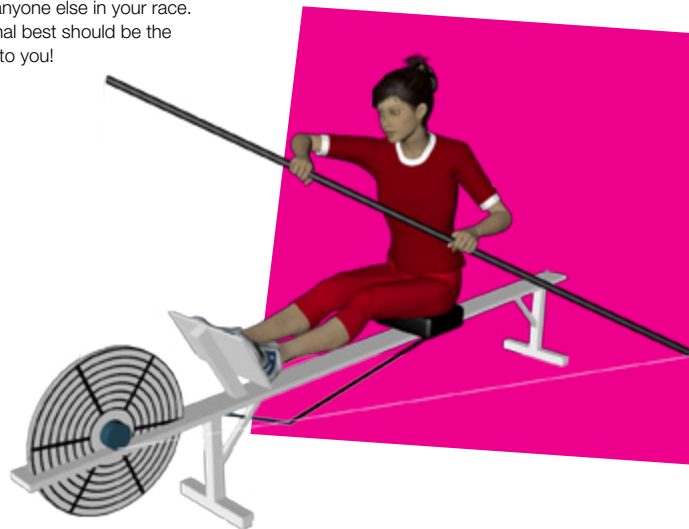
- Consider placing a seat with back and/or lateral support in an appropriate position over the ergo to provide easy access for SEN/disabled athletes.

- If SEN/disabled athletes are unable to access the kayak ergo record their time running or wheeling the distance instead.
- Allow visually impaired athletes to work with a guide.
- Ensure an audible and visual start and finish guide to make it easier for all participants.

Spirit of the Games: *Excellence through Competition*



Keep it going right to the end. You are racing yourself as much as anyone else in your race. Reaching your personal best should be the most important thing to you!



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CANOEING – CROSS STREAM CANOE SLALOM

Quick introduction

Inspired by Canoe slalom, Cross stream canoe slalom is a race through a series of five gates. This can take place in a pool or outside. Race against the clock and develop your skill. Be dynamic fast and clean through the gates and be the first to finish.

Full details and course set up is available in the Cross stream manual available from Canoe England along with certificates.

<http://www.canoe-england.org.uk/youth/information-for-clubs-and-coaches-/cross-stream-challenge/>

Getting started

- Set up five slalom gates either suspended or floating (examples of routes can be found in the Cross stream book).
- Ensure all lines that create the goals are the right length before the start.
- If using floating poles ensure that the weights are heavy enough.
- Race through the gates without touching them as fast as you can.
- Starter, gate judge and finisher can be the same person, with another official ensuring the next participant is ready.
- A two-second penalty is awarded for each gate touched.

Think tactics

Fast and furious or clean with style - the choice is yours.

Safety

- Keep spectators away from the water's edge.
- Ensure officials have buoyancy aids and where appropriate throw-lines.
- If operating outdoors a safety boat may be required – the previous racer may be able to fulfil this role.



CANOEING – CROSS STREAM CANOE SLALOM



Organising the game

- Ensure that the course is understood before starting.
- Holding the boat on the start line ensures fairness.
- A kind but fair approach to touches should be adopted to gate touches.

Officiating

- Involve more young people as officials as follows:
 - As gate judges to verify how many touches there are.
 - As timekeepers to be a whizz with the stopwatch.
 - As starters to hold the boat on the start.
 - As results compilers to combine and publish the results.

Keep it enjoyable

- Ensure plenty of activity – several courses at once.
- Change roles regularly – performer to gate judge etc.
- Ensure that a skill set has been developed to allow paddlers to perform on the day.

Make it easier

- Widen the gates to make accuracy less important.

Think inclusively

- If SEN/disabled athletes are unable to access the water, create a slalom course that the athletes can run or wheel through.
- Create a dry land course using cones, spots, or raised poles and include gates that replicate the movement of canoe slalom i.e. moving sideways and forwards and backwards.
- If SEN/disabled athletes can access the water but are not comfortable using a kayak allow them to swim the slalom course.
- Allow visually impaired athletes to work with a guide to navigate the course.
- Number the gates to show clear routes.

Spirit of the Games: *Excellence through Competition*



Be clear about when you have touched a gate.
How can you improve your game to ensure you miss it next time?



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