

An Introduction to Canoeing and Kayaking: A Teaching Model

<http://www.iowadnr.gov/Education/ForTeachers/ClassroomResources.aspx>



This module is designed to acquaint students with basic information and skills for canoeing and kayaking on Iowa waters. The background information provides a brief overview for the educator or leader. It discusses the history of paddling; Iowa's aquatic resources and values related to them; types of paddling; equipment and terminology associated with canoeing and kayaking; basic strokes; and tips to plan a canoeing or kayaking trip. It also discusses paddling safety and Iowa regulations for canoeing and kayaking.

Example activities included in Canoeing and Kayaking Unit:

- Looking to the Future - Our Impact on the Resources
- What to Wear!
- Grab that Paddle!
- Basic Strokes
- All Aboard!: Boarding/Launching the Craft
- Reading the River
- Water Obstacles

Each activity includes an overview, associated objectives, estimated time, materials, directions, suggested evaluation, and extensions to the activity.