

Lesson 1:

**ELEMENTARY
INTRODUCTION
TO PADDLING**



**OUTDOORS
TOMORROW
FOUNDATION**

INSTRUCTIONAL NOTES

- Download a copy of the slides presentation
- You may use the slides as is or edit to fit your scenario
- Suggested edits:
 - Replace images with regional images or images of your students
 - Remove instructional slides when presenting to the students
- Check the speaker notes below the slide for information
- Click on all the links to preload websites and videos to confirm the link is not blocked by your firewall (school internet security).

LESSON OVERVIEW



NATIONAL STANDARDS

Plus Jump
Rope and
Hula Hoop
Skill
Practice

Lesson Topics

- Paddling sports (SUP, Kayaking, Canoeing)
- Think, Pair, Share
- Bonus Skill focus: Jump Roping
- Game: Floatation Flag Tag
- Extension activity: Write a letter, draw a picture, tell a story to share with family on a paddling activity you are most interested in participating in.

Vocabulary: Paddle; Kayak;
Stand Up Paddle board (SUP); Canoe

STANDARD 1: The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

STANDARD 3: The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

STANDARD 4: The physically literate individual exhibits responsible personal and social behavior that respects self and others.

STANDARD 5: The physically literate individual recognizes the value of physical activity for health, enjoyment and challenge and/or social interaction.

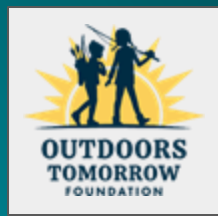
STATE STANDARDS

Texas Essential Knowledge and Skills (TEKS)

- Insert standards here



QUESTION OF THE DAY



HAVE YOU EVER BEEN FISHING?



Spin hoop on the floor



A: YES

Spin hoop on your arm



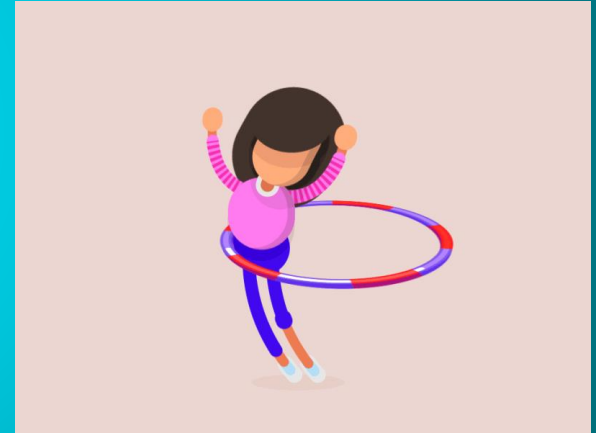
B: NO



DYNAMIC WARM UP (5 min)



HULA HOOPING



INTRODUCTION TO PADDLING SPORTS



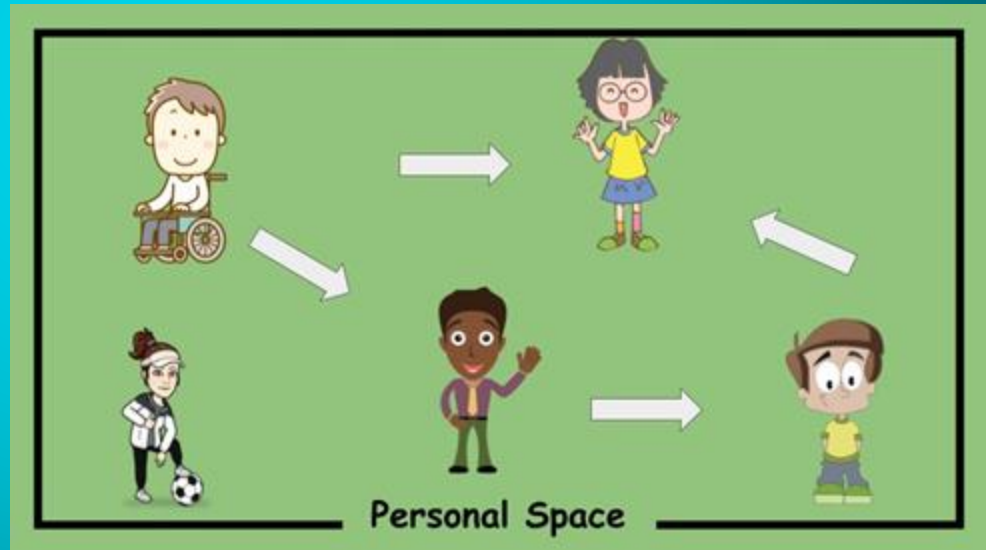
Paddling Sports:

- Canoe
- Stand up Paddleboard (SUP)
- Kayak

Locations for Paddling

- **ATIN Educators**-EDIT TO INCLUDE LOCAL RIVERS, OCEANS, LAKES both close to home and in your state.
- For example- In Missouri: Current River, Meramec River, Table Rock Lake, Lake of the Ozarks.

GRAB A SHORT JUMP ROPE AND FIND YOUR OWN PERSONAL SPACE



HAVE YOU EVER BEEN IN A KAYAK?



Side Swing

YES

Windmill

NO



**Look how he
holds the
paddle**

**SHOW
ME!**



HAVE YOU EVER BEEN ON A STAND UP PADDLEBOARD (SUP)?

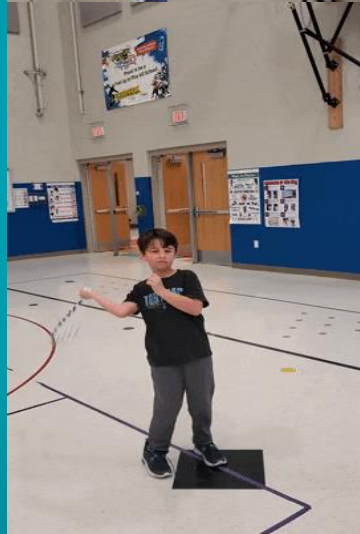


Figure 8

YES



NO

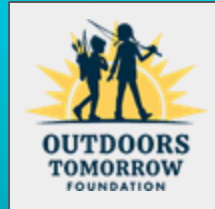
Helicopter



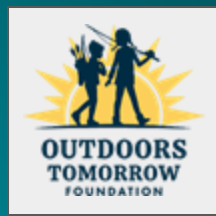
Look how he
holds the
paddle



Use the paddle
for balance to
stand up on the
board
SHOW ME!



HAVE YOU EVER BEEN IN A CANOE?



Basic Jump

YES



Jogger

NO



Look how they hold the paddle



SHOW ME!

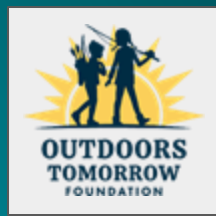
INTRODUCTION TO PADDLING SPORTS



KAYAK, CANOE, OR SUP?



LET'S THINK



**Think
about it!**

Which would you prefer to try or do? Why?

- Canoe
- Stand up Paddleboard (SUP)
- Kayak

Where would you go?

- Lake
- River
- Pond
- Ocean

“PAIR AND SHARE”

WALK AND TALK



Which would you prefer to try or do? Why?

- Canoe
- Stand up Paddleboard (SUP)
- Kayak

Where would you go?

- Lake
- River
- Pond
- Ocean

HOMEWORK!!

Share with your family what you want to try

PRACTICE POSES



Canoe



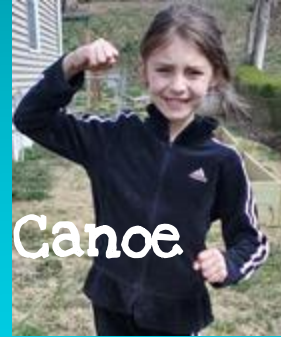
Kayak



S.
U.
P.



“CANOE, KAYAK, PADDLEBOARD, FLOAT” LAPS



Travel Clockwise around cones



- Stop at each cone
- Find a partner
- Jump 4 times saying 1, 2, 3, Float
- On “float” do the canoe, kayak, or paddleboard pose
- Be the first to guess your opponent’s pose
- Both students move to the next cone and play a new person.





LET'S PLAY!!!



FLOATATION FLAG TAG

- When flag is pulled head to the sidelines to play "Canoe, Kayak, Paddleboard, Float" (1,2,3, Float)
- Put flag back on and return to the game.



Canoe



Kayak



S.
U.
P.

SUPPORTING MATERIAL
on THE FOLLOWING
PAGE





IMAGE/VIDEOS

SUP Images-Public; <https://www.flickr.com/photos/vastateparksstaff/40348098300>

https://encrypted-tbn0.gstatic.com/images?q=tbn:ANd9GcRE_982uDTBjUBhyROiyRSFhJYeZJugGUvMRm-aTEkCT7zCbDpk&S

Kayak image-Public;
<https://en.wikipedia.org/wiki/Kayaking>

Image consent from Mary Driemeyer's family, friends and students of Sappington Elementary, St. Louis, MO

YouTube video from PaddleTV
<https://youtu.be/CZTZl1JMhQU>