

Development of Lesson Plans

Outcome Examples –Paddles, Forward Line

Lesson plans can be tricky when you have no idea of the starting point or material to use. Although the instructor manual has suggestions for lesson development and a few templates for creating plans we thought a 'real' working example would be useful for instructor candidates.

When working on lesson plans keep in mind the whole course, the logical flow and building on experiences, and the amount of time that will be required. Lessons should build on material already covered or known by the participants.

Learn or practice material beyond the information you expect to cover so you can answer additional questions and take the next steps if necessary. Gear your plans for the students that will be attending and be prepared to update/modify as you learn their skills and interest. Engage your students with questions, let them explore ideas, and encourage discussion and practice.

The following two lesson plan outlines follow the methods suggested by Paddle Canada for teaching theory or active skills. These lesson plans were setup as examples and the process for the development is discussed in the following two YouTube videos:

Creation of a lesson plan Process:

- Paddles: http://youtu.be/JQvm2M_HSj4
- Forward Lines: <http://youtu.be/Zc6ou-ZTuEE>

Both of these lesson plans are directed toward the Introductory Lake level.

Charles Burchill – April 14, 2018

IES or IBS Method for Theory Topics

(adapted from resource provided by Dave Wooldridge, Paddle Canada)

Course Name: [Intro Lake Tandem](#) Date: [May 25, 2018](#)

Topic: [Paddle Types](#) Aids: [Standard, Otter tail, Bent Shaft & a variety of others](#)

Group: [4 teens or young adults](#)

Overall amount of time: [10 minutes, some material will be covered during the course as required or as situations present - see syllabus.](#)

Instructional Technique Options:

Intro (what are going to talk about?)

Paddles, paddle types and materials.

Engage (Body) (topic, what IT are you using)

Parts of the paddle – Grip, shaft, throat, blade, Tip. Sing to Do’n the Skeleton Dance

(<https://www.youtube.com/watch?v=e54m6XOpRgU>)

Yes this is silly but in a small group away from other peers it works, memories of childhood – you don’t have to do the whole song (but suggest for talent night)

Question – how does a paddle work – physics. Bring in levers and fulcrums. How much pressure, where holding, strength to apply force. Try to get each pair to hold the paddle (grip/throat) in different places and one person push on the tip (perpendicular)

Question - Best Size – using knowledge from above

Question – Using Standard/Otter – benefits of each shape (based on above). Other shapes possible? Disadvantages – strength, depth in water.

Question – Demo ‘normal paddle stroke’ – why bent shaft. Disadvantages of this?

Materials – wood (what we have here – advantages, disadvantages), other material possible plastic/aluminum, composites? Have them think about where each would be best used?

How much do you think each would cost?

How much maintenance would be required?

Prevention options are?

Summary (something to tie it together)

Tellme (show me)

Sizing

Blade Type

Material Selection.

Background Material

- Paddle Selection: http://home.cc.umanitoba.ca/~burchil/pm_canoe/paddle_size.html
- Bill Mason, [Path of the Paddle](#), Van Nostrand Reinhold, 1980
- American Canoe Association, [Canoeing Human Kinetics](#), 2008
- Kevin Callan, [The Happy Camper](#), The Boston Mills Press, 2005

IDEAS Method (for On Water Teaching Topics)

(based on Paddle Canada Lake Canoe Program Manual)

Course Name: Intro Lake Tandem Date: May 25, 2018

Site location: Fort Whyte Topic: Forward Lines

Criteria: 50m (25m return) 5m corridor, 45 degree yaw

Group: 4 teens or young adults

Teaching Aids: Additional - Buoy at 25m, dry bag, extra paddles (various), marker buoys, dock/shore marker, usual equipment

Overall Time: 25-30min This will include bits through out the course as well, including part of a final exploration paddle.

IDEAS Method

Introduce (1-2 sentences):

Paddle in a relatively straight line to the buoy in the lake (yellow top), pivot or turn around after the buoy and return.

Complete the task at least three times 1) stern draw/push, 2) forward with stern draw/push, 3) J or Rudder....

Input from group - where is this practical?

How does stern draw turn the canoe? Stern push.

Demo (remember do not to speak through the demo) &

Explain (3-4 key points that must be passed on)

Demo Final Product

- 1. Keep the canoe pointed toward the buoy, paddling on opposite sides.**
- 2. Primary direction control from stern with rudder/J, and $\frac{1}{4}$ stern sweep. J turns toward paddling side, sweep turns away.**
- 3. Bow can help only if there is significant variance**
- 4. Pivot with draw strokes (pull toward you)**

Action/Activity (they do it, should be the biggest portion):

- Detection and Correction

Try lines several times

- 1. Paddle down lake, stern only uses push away or draw.**
- 2. Include forward stroke with push/draw**
- 3. J or Rudder**

Red Light/Green Light - a race in line.

Give everyone a chance to practice.

Ask for input and have them think about what can be done

Correction/comments limited to a small number of items.

Go for a paddle afterward.

Summarize (After skill is completed and before you move on):

What worked for people? What didn't work?

Practical Application.

Error Detection and Correction (Critical Feedback)

Trim is the most common problem.

Over correction – limit J or sweep to every few strokes.

Try one correction stroke, wait

Stop bow from trying to correct (they will get their turn)

Stopping paddling – too much rudder

Match cadence

Blade size match

Strength matching – stern can ask for help but only when needed

Sweep to back of canoe (1/4 slap stern)

Lack of rotation on J (no push, try just push section) (air J – to music)

Attempt just correction portion of the stroke.

Fish-Swish explain

Background Material

- Subtle Corrections: http://home.cc.umanitoba.ca/~burchil/pm_canoe/subtle_correction.html
- How to Steer a Canoe: <https://www.youtube.com/watch?v=PfgQ39fA4f4>
- Tandem Basics: <https://www.youtube.com/watch?v=rjdlF7Cnr3E>
- Bill Mason, Path of the Paddle, Van Nostrand Reinhold, 1980
- American Canoe Association, Canoeing Human Kinetics, 2008
- Kevin Callan, The Happy Camper, The Boston Mills Press, 2005