

Open Water Canoe Make-up

For the following canoe skills, manoeuvres and strokes:

1. Write the name of the canoeing skill (2 marks)
2. Find a picture to illustrate the canoeing skill (4 marks)
3. Then further clarify the canoeing skill by writing a description of how the skill is executed (4 marks)

Canoeing Skills: (30 marks)

- Launching a canoe
- Portaging a canoe
- positioning of paddlers

Maneuvers: (30 marks)

- sideslip
- pivot 360° in both directions
- stop

Strokes: (40 marks)

- j-stroke stroke
- sweep stroke
- draw stroke
- pry stroke

When completed there should be 10 sections that have a title, a graphic and a description

