Canoeing Level 2 - Lesson Plan

Key Points to Cover:

1 – Review Parts of a canoe and paddle

2 – Back Paddle

3 – Draw-Stroke Paddle

4 – Pry Paddle

5 – Cross-Draw Paddle

6 – J-Stroke

7 – Hut Stroke

Supplies Suggested:

Bring in paddles and a canoe.

If you can't bring in the canoe, use a table or a wide plank between two chairs.

Activities to Reinforce Lesson:

Have boys sit in the canoe or on the plank to practice the different paddling strokes in a canoe. It is always best to practice on land before going out on the water.

Devotion: