

Canoeing

Description: Students are instructed in basic canoe strokes and water safety. They get to explore the pond and its surroundings as well as test their skills with some fun canoe games.

Learning Skills: Collaboration, Self-regulation

Grade 5- 8: Health and Physical Education

Overall:

Living Skills:

- Personal Skills
- Interpersonal Skills
- Critical and Creative Thinking

A. Active Living

- A1. Active Participation
- A2. Physical Fitness
- A3. Safety

B. Movement Competencies: Skills, Concepts, and Strategies

- B1. Movement Skills and Concepts
- B2. Movement Strategies