

Course: ORCKA Basic Canoeing 1,2,3 Tandem

Lesson: Tandem Pivots	
Main Objective (why the lesson and how it fits into the course):	
The main objective of this session is for the student to be able to pivot their canoe in any direction to change course. This is an important skill to maintain control of the canoe and generally look cool.	
Learning Outcome (what will the students be able to do by the end of the lesson?):	
Specific Objective: The student will pivot the canoe one complete revolution in one direction, and then complete the revolution in the other direction. The centre of the canoe should not stray too far from its original position throughout the maneuver.	
Time Allocated:	Teaching aids:
25 minutes	Canoe, paddles, PFDs, safety equipment,
Lesson:	
<p>1) Begin the lesson by asking the students if they have ever put the canoe in backwards at the portage? How did they turn it around? Or, ask how they would turn a canoe around to go the other way.</p> <p>2) Have the students raft up and watch the instructor perform a pivot. Keep the pivot smooth and avoid gunnel wobble.</p> <p>3) Break the maneuver down. Each person in the canoe is to reach out with straight arms, place the blade into the water so that the top of the paddle is at the same height as their chin. Pull the water toward the canoe and keep the blade parallel to the centre line of the canoe (draw stroke). At the end of the stroke turn the blade perpendicular to the centre line of the canoe and slice back to the starting position. Repeat.</p> <p>Perform the same maneuver in the opposite direction by pushing water away from the canoe (pry stroke)</p> <p>4) Let the students practice and provide coaching.</p>	<p>Tips: The blade should not exit the water for the entire stroke.</p> <p>The most common problem is the blade is not in the water deep enough or there is a pitch on the blade. Make sure the blade is parallel to the centre line of the canoe or perpendicular for the return stroke.</p>
Activity	
Set up a triangle or square course. The students approach a marker, perform a pivot and paddle to the next marker and again pivot in the opposite direction etc.	
Conclusion	
Wrap up by breaking down the strokes with another quick demo. Discuss practical applications of the new skill. Answer any questions.	

	References (where the information was obtained):	
	ORKCA Instructor manual page BC13 ORCKA Teaching Basic Canoeing Manual	
	Evaluation:	
	Students will be evaluated on a continuous basis. Weaker students may be asked to perform an obstacle course at the end of the course to re-evaluate.	

Were more activities required?

Was it boring/Too fast

Difficulty?

On time?

Questions asked