



CANADIAN OLYMPIC ACTIVITY CHALLENGE



CANOE/KAYAK

In times before roads, rivers and lakes were the way to travel long distances. First Nations peoples around the world used canoes and kayaks to travel, hunt, fish and explore. Speed allowed these people to cover greater distances or reach better hunting grounds.

Although canoe and kayak races had been happening for many decades, it wasn't until the 1936 Berlin Olympic Games that canoe/kayak made its debut as a full medal sport. They have been contested in every summer Olympic Games since.

Canoeing and kayaking are both paddling sports, but they have different boats, paddles, and events. Paddlers kneel in a canoe, and use a single-bladed paddle to move and steer. A kayak is a narrower boat where paddlers sit with their legs in front of them, and use a double-bladed paddle.

There are 16 paddling events at the Olympic Games. Both canoeing and kayaking have two disciplines: sprint and slalom. In a sprint race, paddlers compete in separate lanes on a straight course. These races can be 200, 500, or 1,000 metres, and there can be one, two or four paddlers in the boat. In slalom, the paddler steers through a 300-metre whitewater course. The paddler must go through a series of red and green gates. The colour of the gate tells them if they must enter the gate from up or downstream. The athlete gets penalty time for each gate they touch or miss. The paddler with the fastest time wins.

To learn more about Canoe/Kayak or to find a local club please visit, www.canoekayak.ca.

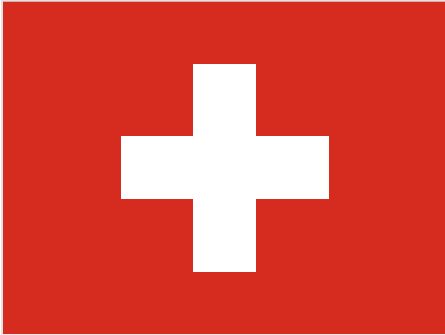


SCHOOL PROGRAM



FEATURED COUNTRY

SWITZERLAND



Switzerland's many mountain-fed rapids, big lakes, and wide flat rivers provide lots of places for canoeing. As a result, it has always been a popular summer sport for the Swiss. Canoe slalom began in Switzerland in 1932, and was inspired by ski slalom. In the early days, canoe slalom was performed on flat water, but it was later switched to whitewater. This made things much more exciting!

Switzerland played a key role in the development of the sport. The first Canoe Slalom World Championships were held in 1949 in Geneva, Switzerland. The International Canoe Federation, which rules and governs the sport, is located in Lausanne, Switzerland.

FEATURED ATHLETE



GABRIEL BEAUCHESNE-SÉVIGNY

PAN AMERICAN GAMES CHAMPION
OLYMPIAN, BEIJING 2008

Gabriel started canoeing when he was 12 to get ready for hockey season. Before long, he was winning national championship medals. Gabriel decided to dedicate more time to improving his canoeing skills. His decision paid off when he raced to 5th at the Beijing 2008 Olympic Games and won the gold medal at the Pan American Games in 2015 in Toronto.

To learn more about Gabriel, please visit olympic.ca.

CANOE/KAYAK


ACTIVITIES


Described below are Daily Physical Activity canoe/kayak activities that be done in the classroom and gym. Have fun!

DESK AND FLOOR KAYAKING

Kayaking is an explosive sport, and much of the power comes from strong core muscles. Since the kayak is a narrow and tippy boat, the core muscles are needed to keep balance while the paddles dig into the water. While kayaking is a total body work out, athletes must pay special attention to the development of their obliques. These are the muscles used to rotate your torso.

 **Participants:** Individual

 **Space:** Anywhere

 **Equipment:** None required, but you can do this activity with a skipping rope

ACTIVITY DESCRIPTION:

- Sit up straight at your desk with your feet held off the floor.
- Extend your arms out in front of you and grasp your hands at chin level.
- Keeping your arms over the top of your desk and your hands at about chin level, make big figure eights with your hands. The outsides of your eights should stretch to the edge of your desk on both sides.
- Do 10 figure eights in each direction. Take a 30-second break and repeat this 5-10 times.
- Make it harder by making much bigger figure eights. Dip your hands below the edge of your desk and up over your head.


ACTIVITY EXTENSIONS:

FLOOR KAYAKING


- Sit on the ground with your legs out front, so that your body forms an “L”. Keeping your back and head straight, bend your knees in front of you.
- Pick up a towel, string, or rope to hold in your hands as your “paddle”. Focus on keeping your “paddle” tight between your hands as you rotate from side to side, mimicking paddling a kayak.
- As you make big figure eights, make sure that your hands touch the ground next to your hips.
- Time how long it takes to do a full 20 figure eights or race a partner to 20 figure eights.

CANOE SLALOM COURSE

A competitive slalom canoeist has to have amazing core strength, agility, and balance. They have to have a combination of strength and endurance. This activity builds that strength and endurance by letting you experience what canoe-kayak athletes go through in a race. Careful...this just might become your favourite DPA activity!

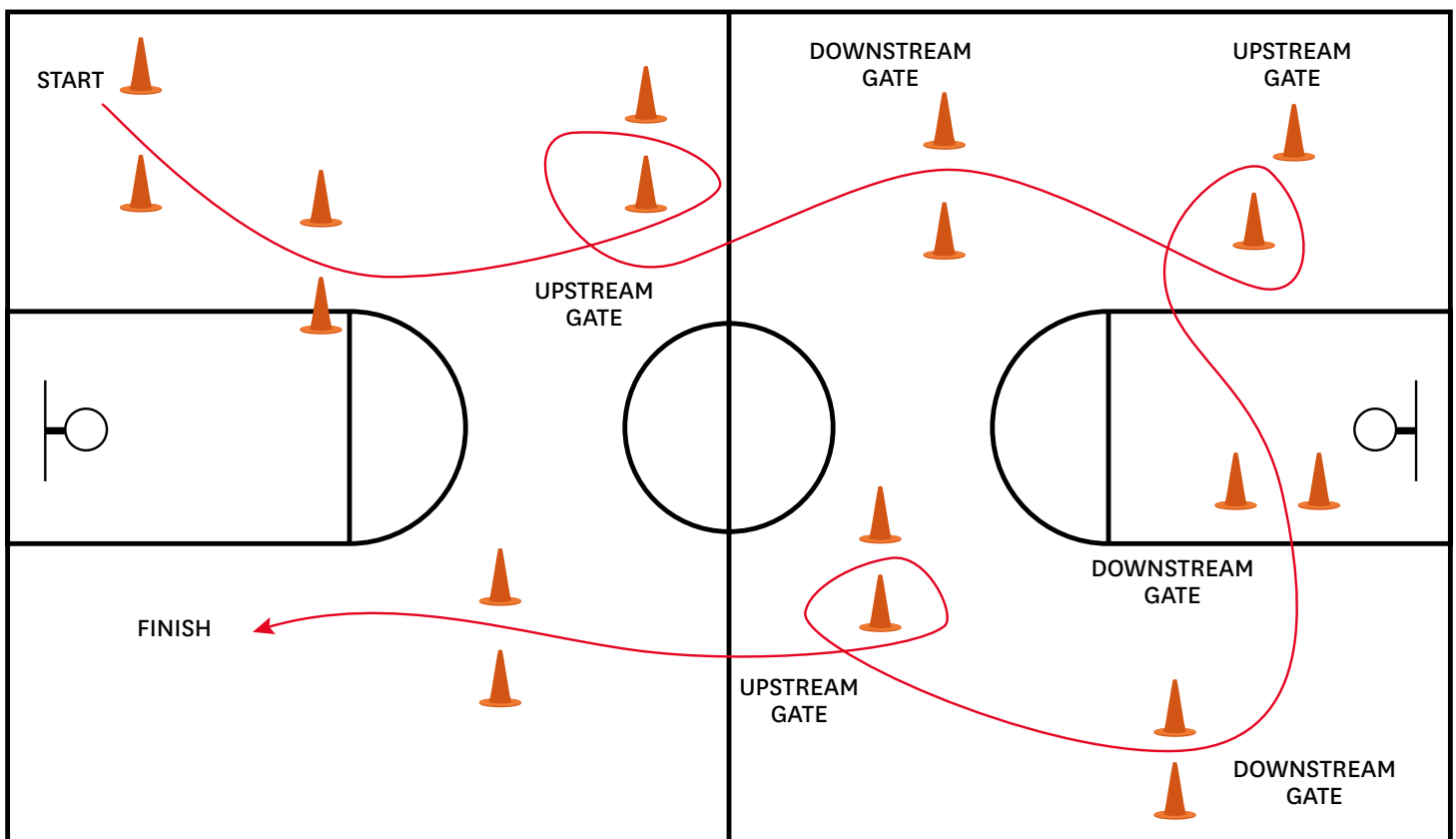
 **Participants :** Groups of 3-4

 **Space :** Gym or large space

 **Equipment :** 20 Pylons, bean bags, 1 scooterboard per group, 1 “paddle” per group (e.g., hockey/broomball sticks with rubber ends, pool noodles, etc.), 1 stopwatch per group

SETUP:

Set-up cones to make a slalom canoe course. Use 2 pylons to create “gates” for paddlers to navigate through. Identify some gates as “upstream” gates, by placing a bean bag or different coloured pylon at the gate.



CANOE SLALOM COURSE

ACTIVITY DESCRIPTION:

- Decide who will be your group timer. Arrange your team into a line to wait their turn. You should have your group scooterboard and paddler.
- If the gates have identical cones, then you can precede directly through gates. These gates are “downstream gates”. If the gates have a beanbag on one of the cones, they are “upstream gates”, and you must go past the gate and turn back to go around the beanbag before going forward.
- The timer starts their canoer. The canoer sits on the scooterboard and uses the “paddle” to move around the course. Once the first team gets to the third gate, the next team can start. Each team must time and record its own canoer.
- Everyone should get two or three tries. Can you beat your time?

ACTIVITY EXTENSIONS:

- Take turns designing the slalom course!
- Try using the kayak stroke by paddling on both sides.
- Create a “crewboat”! As a team of 2, join your scooterboards by wrapping your legs around one another. Use teamwork to navigate the course.

THE BALANCE CHALLENGE

In canoeing and kayaking, balance is important for success. Without balance, your narrow sprint canoe or whitewater kayak will not stay upright. Tipped boats don't win races, so balance is key. You do not want to get wet!



Participants : Individual



Space : Classroom or hallway



Equipment : None required

ACTIVITY DESCRIPTION:

- Stand on your left leg, extending your arms and right leg outward for balance. Remain as tall as possible with a proud chest.
- Maintain your balance, and try to lean as far forward as possible.
- Without touching your right foot to the ground, try to touch the ground with your right hand and then return to your standing position.
- Complete this challenge balancing on alternating legs.

ACTIVITY EXTENSIONS:

- Turn this into a relay race! Move desks to create "lanes". Line up in groups of 4-6 at the beginning of each lane. The person going first completes the balance challenge, touching their hand to the ground. The spot in which they touch down becomes the spot that they balance next. Do this for the length of the lane. Once they are at the end of the lane, the next student in line can start.

BRINGING IT TO THE CLASSROOM

Write a short story in your journal about a First Nations canoe or kayak race. Describe the canoe or kayak based on what you have learned in social studies or what you can find on the Internet.

Search on the Internet for a picture of a racing canoe and a recreational canoe like you might have used at a camp or a cottage. Draw a picture of both, highlighting their differences. Why do you think a racing canoe looks so much different?