

## Kayaking Stages 4 - 6

**Location:** Macquarie River

**Length:** Day or overnight trip.

**Risk Management Advice:** This form is emailed and will need to be returned.

**Cost:** This activity is included in the onsite whole day program and overnight programs.  
Onsite whole day program \$15.00 / student.

**What to bring:** Students need to bring morning tea, lunch in a lunchbox, water, hat, sunblock, towel and change of clothes in a back pack. The school encourages recycling so an Earth Friendly lunch is encouraged. An Earth Friendly lunch is one that has only recyclable or reusable containers for packaging and reduces the amount of rubbish.

**What to wear:** Sports uniform recommended with a hat and comfortable covered shoes.

**Teachers:** Teachers and visitors will need hats and covered shoes for walking in the bush.

**Extreme weather:** The school is in an extreme weather zone and could be subjected to days above 35 degrees, high wind, dust storms or extreme fire danger. Such conditions may result in the day being modified, cancelled or postponed.

**Medical conditions:** Please notify EEC staff.

**Limited bin access near the river:** The school encourages recycling so minimal lunch packaging is recommended.



## Overview

Students recognize each part of a kayak and its purpose. They demonstrate safety equipment and safety procedures in the water. Students demonstrate relevant paddling skills as they kayak down the Macquarie River.

## Learning Activities

**Understand** the function and use of kayaking equipment including paddles and life jackets.

**Demonstrate** the proper use of kayaking safety equipment including helmets, protective clothing, life jackets, and ropes.

**Kayak** on the Macquarie River in single or double kayaks.

**Practice** safe entry and exits, rafting up, safety procedures and capsizes.

Ensure all paddlers **respect** the environment while paddling.

## Australian Curriculum Outcomes

**EN4-9E** - uses, reflects on and assesses their individual and collaborative skills for learning

**MA2-2WM** - selects and uses appropriate mental or written strategies, or technology, to solve problems

**GSS3.8** - applies movement skills in games and sports that require communication, cooperation, decision making and observation of rules

**ALS1.6** - participates in physical activity, recognising that it can be both enjoyable and important for health

**SLS1.13** - recognises that their safety depends on the environment and the behaviour of themselves and others

**SLS3.13** - describes safe practices that are appropriate to a range of situations and environments

**PSS2.5** - uses a range of problem-solving strategies

**PSS3.5** - suggests, considers and selects appropriate alternatives when resolving problems