

# CANOEING

## LESSON PLAN



**WOLF RIDGE**<sup>SM</sup>  
ENVIRONMENTAL LEARNING CENTER



## CLASS DESCRIPTION: An Outdoor Recreation class

Students will use Wolf or Raven Lake as a classroom as they learn canoeing history and equipment and practice techniques on the lake. A short discussion at the canoe landing includes orientation to equipment and its proper use. Skills practice and safety orientation is also done on land. Students then spend 2 hours practicing skills on the lake. They will experience the value of canoeing as a physical activity and how it affects their relationship with the environment. A visiting adult in addition to the instructor is required for this class.

**Total Time:** 3 hours (all outdoors)

**Audience:** 6-20 students, 4th grade through adult

**Activity Level:** moderate

**Travel:** 1/2 mile

**Total Uphill Travel:** 250 ft.

## GUIDING PURPOSE

To paddle a canoe, to explore a northern lake, learn efficient canoeing skills, and gather scientific data.

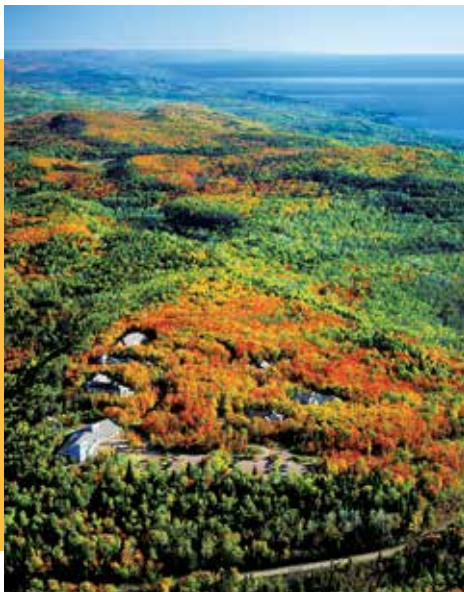
## CONCEPTS

1. Culture and Technology: Humans adapt to their surroundings by experimenting and developing technology.
2. Outdoor Recreation and Risk Management: Responsible watersport activities require the proper use of safety equipment.
3. Outdoor Recreation: We all have potential for physical activity and can improve our skills with patience, practice, and teamwork.
4. Outdoor Recreation: Using physical skills allows us to reach remote natural areas, and gain a sense of place.

## OUTCOMES

Upon completion of the Canoeing class students will be able to:

1. Describe the evolution of the canoe as transportation, as well as recreation.
2. Identify and properly use equipment required for safe watersports participation.
3. Work cooperatively with a partner to maneuver a canoe to specific destinations on a lake.
4. Explore the natural landscape around the lake and interpret its natural history.
5. Explain how exploring wild places can change how we perceive the natural world around us.



**Our mission** is to develop a citizenry that has the knowledge, skills, motivation and commitment to act together for a quality environment.

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*Wolf Ridge Environmental Learning Center and the USDA are equal opportunity providers and employers.*



## Equipment

- 12 Plastic 17 foot Canoes (Wenonah Auroras)
- Extrasport Universal PFD's
- throw bag with floating poly rope
- assorted floaty things for games
- Carlisle Plastic Canoe Paddles
- 6 - 48" (Blue), 12 - 54" (Red), 8 - 60" (Yellow), 2 - 66" (Green)
- first aid kit (hanging in the life jacket rack at the landing)
- secchi disk (in a milk crate container at the life jacket rack on Wolf Lake)

## Appendices

- References
- Resources
- Spiral Learning Sheet
- Planning Outline

## Set-up (15 min.)

- Classroom/class prep description
- Safety Management

### I. Travel to Canoe Landing (30 min.)

- A. Landscape Observations

### II. On Land Orientation (30 min.)

- A. Canoes
- B. Paddles and Strokes
- C. Personal Floatation Devices (PFDs)/life jackets

### III. On the Water (90 min.)

- A. Safety
- B. Canoe Instruction and Exploration
  1. Loading Canoes
  2. Team Paddling
  3. Games for Practice
  4. Secchi Disk (Wolf Lake only)
  5. Returning to the Docks
- C. Additional Exploration Options
  1. Hiking
  2. Portaging

### IV. Conclusion (20 min.)

- A. Recording Data (Wolf Lake only)
- B. Canoeing Story of Class
- C. Next Steps

### [Return to Wolf Ridge (20 min.)]

## Clean-up (15 min.)