

# Maine Outdoor Education Program



## Canoe Maine Outdoor Education Program

**Program:** Canoe

**Location:** East Branch—Grindstone

**Time:** 9:00am-1:00pm

**Program Description:** Maine Outdoor Education Program (MOEP)

MOEP offers school age children three instructional lifetime fitness activities per year, one per season in the fall, winter and spring. Experiences will include equipment and any necessary gear to participate in our highlighted opportunities of snowshoeing, canoeing/kayaking, Nordic skiing, hiking and mountain biking. MOEP will provide participating schools and teachers the pre-trip paperwork for student participation.

**Program Goals:**

- To provide students with the necessary skills to participate in outdoor aerobic sports including canoeing, kayaking, Nordic skiing, hiking, snowshoeing, and mountain biking.
- To instruct students on the proper techniques, equipment and safety involved with outdoor sports and recreation.
- To facilitate a meaningful hands-on and active experience in the local landscape of the Katahdin Region.
- To teach team build and leadership skills.
- To create a positive learning opportunity emphasizing health and fun.
- To inspire students to become active stewards of land and resources.

**Program Objectives: Canoe**

- To explain four key points to paddling safety.
- To identify four parts of a canoe.
- To describe proper loading and unloading of a canoe with a partner.
- To canoe on the water with appropriate paddling etiquette and safety.
- To demonstrate paddle strokes used in navigating a canoe.

**Program Agenda:**

- 9:00 - 9:30am Welcome and orientation
- 9:30 - 10:00am Introduction to paddling safety, group expectations, PFD distribution and check.
- 10:00 - 10:30am coaching on how to load boats, paddling etiquette and introduction to basic strokes.
- 10:30 - 12:30pm instructional experience on the water, paddle practice.
- 12:30 - 1:00pm return gear, eat lunch, load bus, departure

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## **Discussion Questions:**

Describe the importance of aerobic activity in life. Describe the importance of being an active steward in the area.

## **Activities:**

Introductory talk on trip planning for water sports and safety steps.

Guided demonstration on kayak equipment and selection.

Instruction to basic techniques for kayaking.

Guided demonstration on how to maneuver in a kayak.

Group paddle highlighting ecological relationships and opportunities to correlate the history of the place with the real time observations of plants, and animals through questions, real examples and inquiry.