



# Paddlepower at School

Sports Hall Regatta



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## 1.0 Paddlepower School Sports Hall Regatta – What is it?

This is an exciting new development that forms a part of the Canoe England Schools Competition Framework. It is designed to develop canoe specific skills with equipment that the majority of schools will have access to. In the following few pages are a number of activity cards designed to challenge young people in preparation to experience canoeing on water.

## 2.0 Paddlepower School Sports Hall Regatta – How do I do it?

### Who is the Event For?

- All young people – aimed at Key stages 2 and 3

### Aim of the Event:

- To develop skills and give access to competitive canoeing for those who may not have had the chance

### Where can this take place?

- In a Hall, Dance Studio, or Classroom
- On a field, in a marquee

### How Is It Set Up?

- This event can be combined with Sports Hall Ergo League and/or the Sports Hall Be Part of it challenge
- Multiple stations around the available area
- Ideally set up in a sports hall utilising available floor markings
- Teams of 7 to compete, same gender classes and mixed classes (4 girls, 3 boys). (14 seat minibus) all participants to come from the same school year.

### At the Start

- Lay out station activity cards and explain to competitors,
- Young officials / partners keep score of each station
- Teacher times the changeover, 6 stations @ 6 minutes each

### At the Finish

- Teacher tallies up scores, and awards prizes certificates available from Canoe England to purchase or download.

### Additional Support

- Sports Hall Regatta Activity Station Cards
- Paddlesport LTAD document

### 3.0 Equipment

Paddlepower Sports Hall Regatta has been designed to utilise what is hopefully readily available or substitutable equipment. For example if you ran all ten activity stations you would need the following:

	Card Number										
	1	2	3	4	5	6	7	8	9	10	Total
Ball	1	1						1			3
Chinese Cone	1										1
Bean Bags	5										5
Chair		1									1
Gym Mat			1	2							3
Hurdle Posts				2							2
Canes				2							2
High Cone				2		2			2		6
Athletic Baton					1						1
Tennis Ball						2					2
Box							1				1
Netball Posts							2				2
Rope							1		1		2
Skipping Rope							2				2
Bench						1		1			2
Rounder's Bases									4		4
Bibs										1	1

## 4.0 Paddlepower Sports Hall Regatta Score Sheet

Team Name	Name	Station 1	Station 2	Station 3	Station 4	Station 5	Station 6	Total	Team Total
Team Name	Name	Station 1	Station 2	Station 3	Station 4	Station 5	Station 6	Total	Team Total
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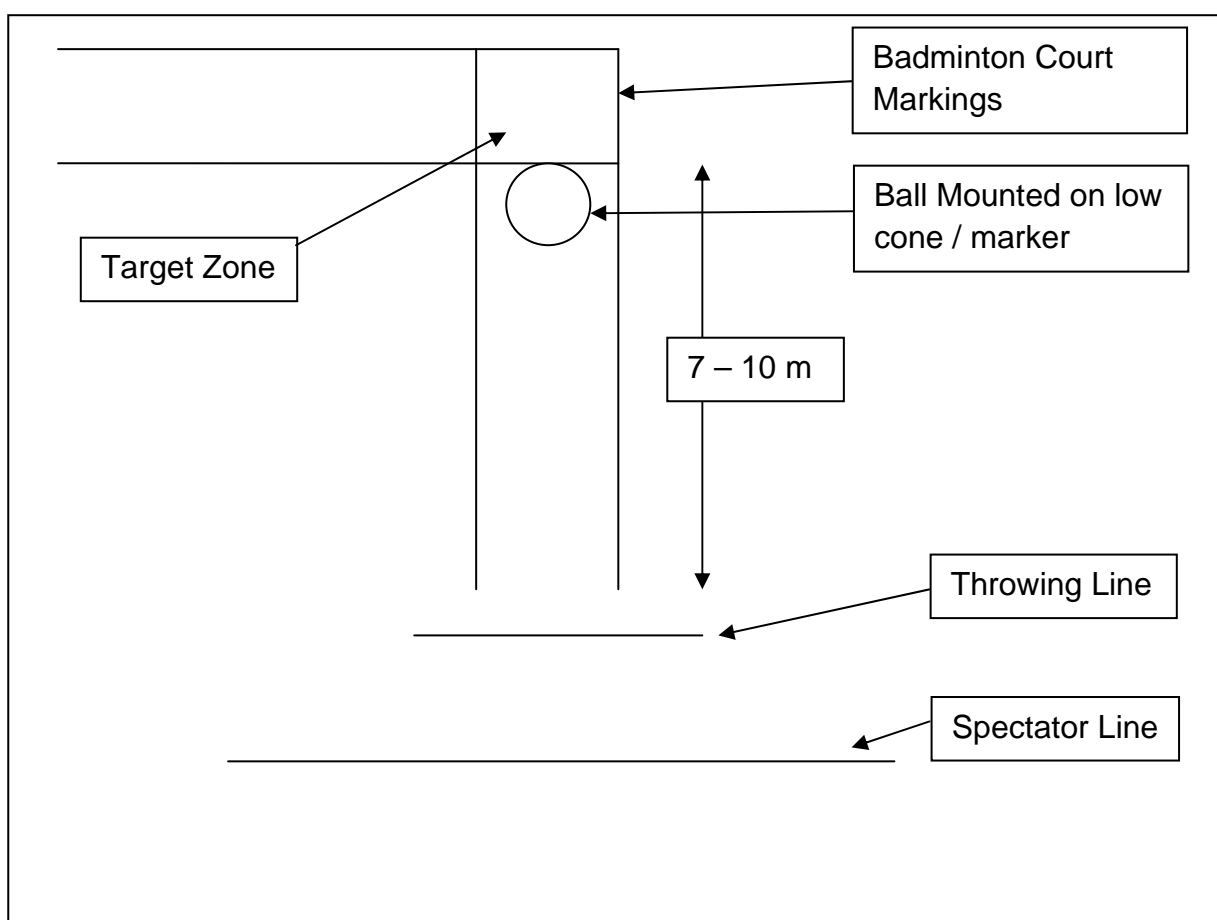
## Card 1 - Rescue throw

### Station Instructions

Using an underarm throw and a balanced throwing position. Throw a bean bag over the 'head' of the paddler into the target area. Take 5 throws each score 1 point for every bag that goes past the 'Head' and a bonus 2 points for every bag that lands in the Target Zone to represent a paddler rescued.

### Equipment

Ball, Cone, 5 x Bean bags, marking Lines



### Progression

Safety pin a string to the bean bag to simulate a throw line, retain one end of string in one hand whilst throwing with the other, Score the bonus points for retaining the string within the tramlines

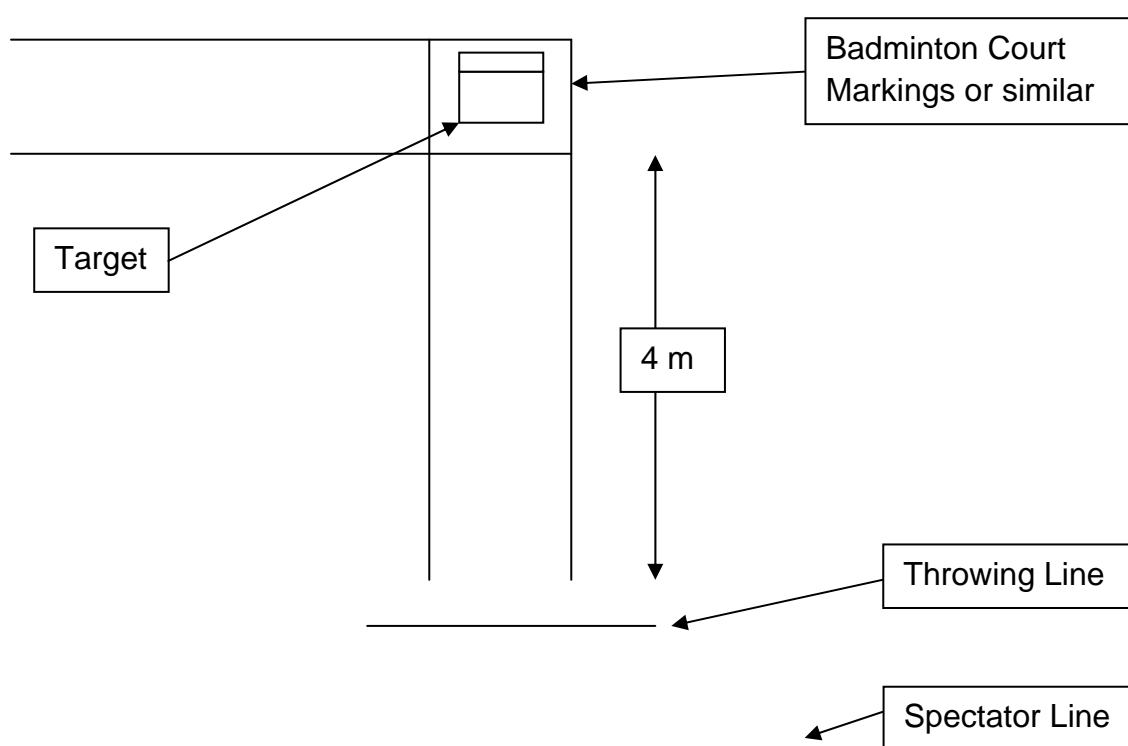
## Card 2 - Canoe Polo Pass

### Station Instructions

Seated on Floor, use a double handed chest pass to throw the ball over a distance of 4 meters to hit the back of the top of plastic cricket or the back of a standard plastic school chair. Score 3 points for each target hit and 1 for keeping in the tramlines.

### Equipment

Size 3 Ball, Chair or Wickets, marking Lines



### Progression

Rotate throwing position through 45°, 90° and 135°

KS 3 – seated use a javelin pass to throw over 5-8 meters

KS 4 – Rotate throwing position by 90° be able to repeat with both hands 3 with weak hand 2 with strong

### Training

You could add, handedness, rotation, repetition of accuracy and passing to a moving target

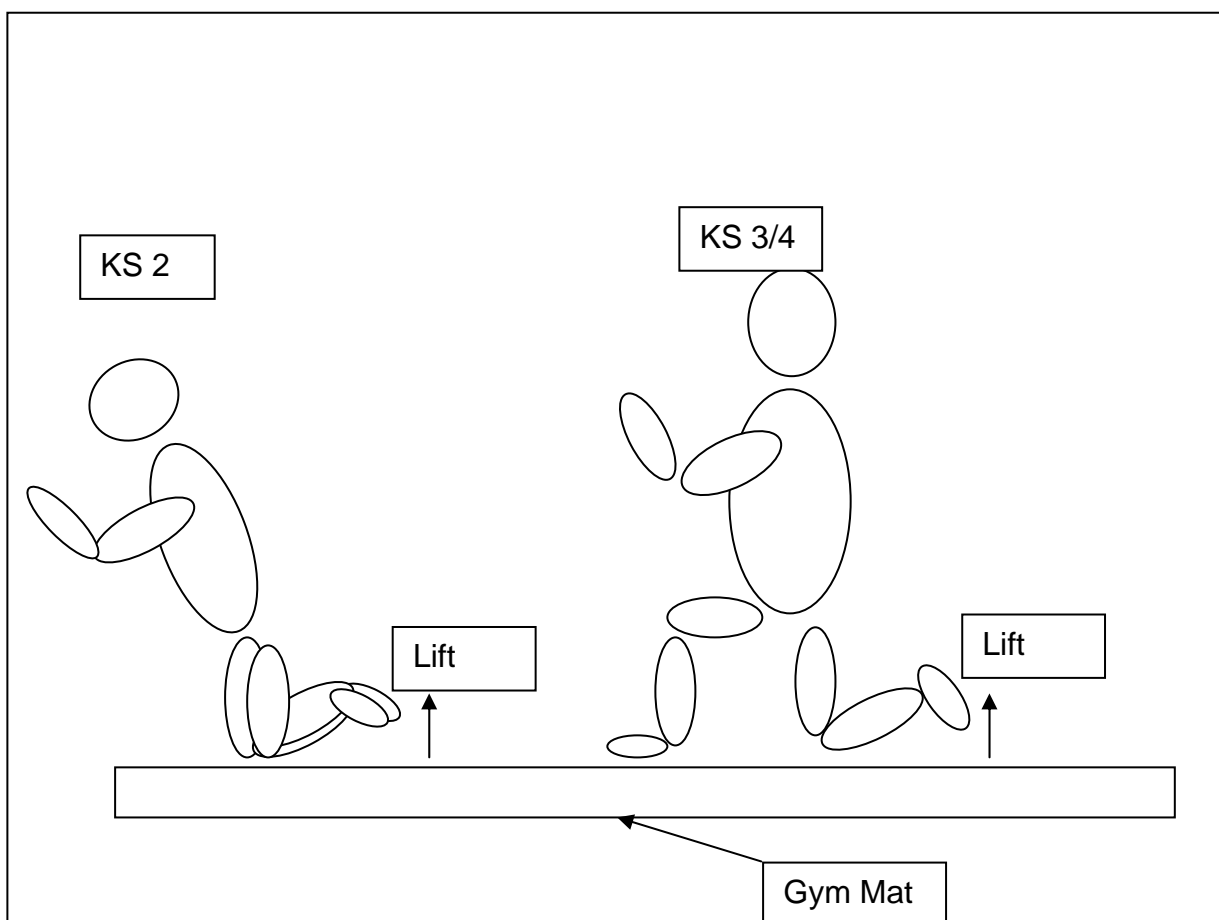
### Card 3 – Canoe Tipsy

#### Station Instructions

On a gym mat, kneel as in a canoe, raise the feet off floor, how long can you balance, keeping body upright. Score 1 point per second to a max of 10

#### Equipment

Gym Mat



#### Progression

KS 3 – Use the High Kneel Position similar to a cricket long stop with foot, knee and foot in line

KS 4 – in the high position place knee on a deflated football / sit fit cushion

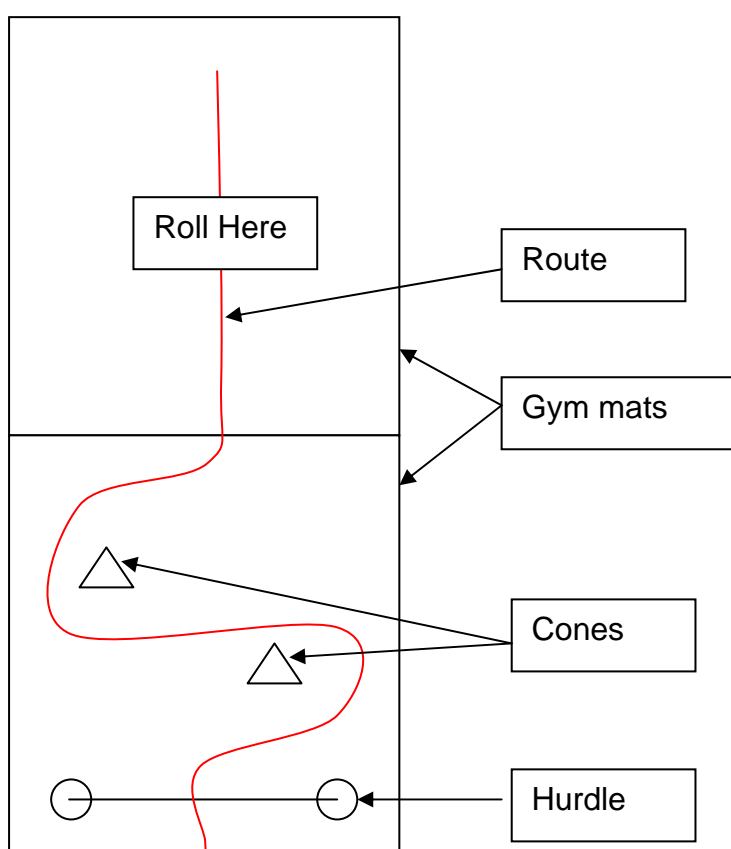


**Card 4 – Storing Slalom****Station Instructions**

Link Task, on knees to simulate C1 (Canoe for 1 person), limbo under hurdle, slalom around cones to finish with a roll. Scoring clear limbo leaning forwards 2pts, backwards 4pts, clear round cones 4pts each touch of cones 2 points, forward roll (as in boat exit) 4pts, barrel roll 2 pts

**Equipment**

2 x gym mats, 2 x hurdle post with cane, 2 x cones

**Progression**

Lower Limbo, time course, increase the number of cones

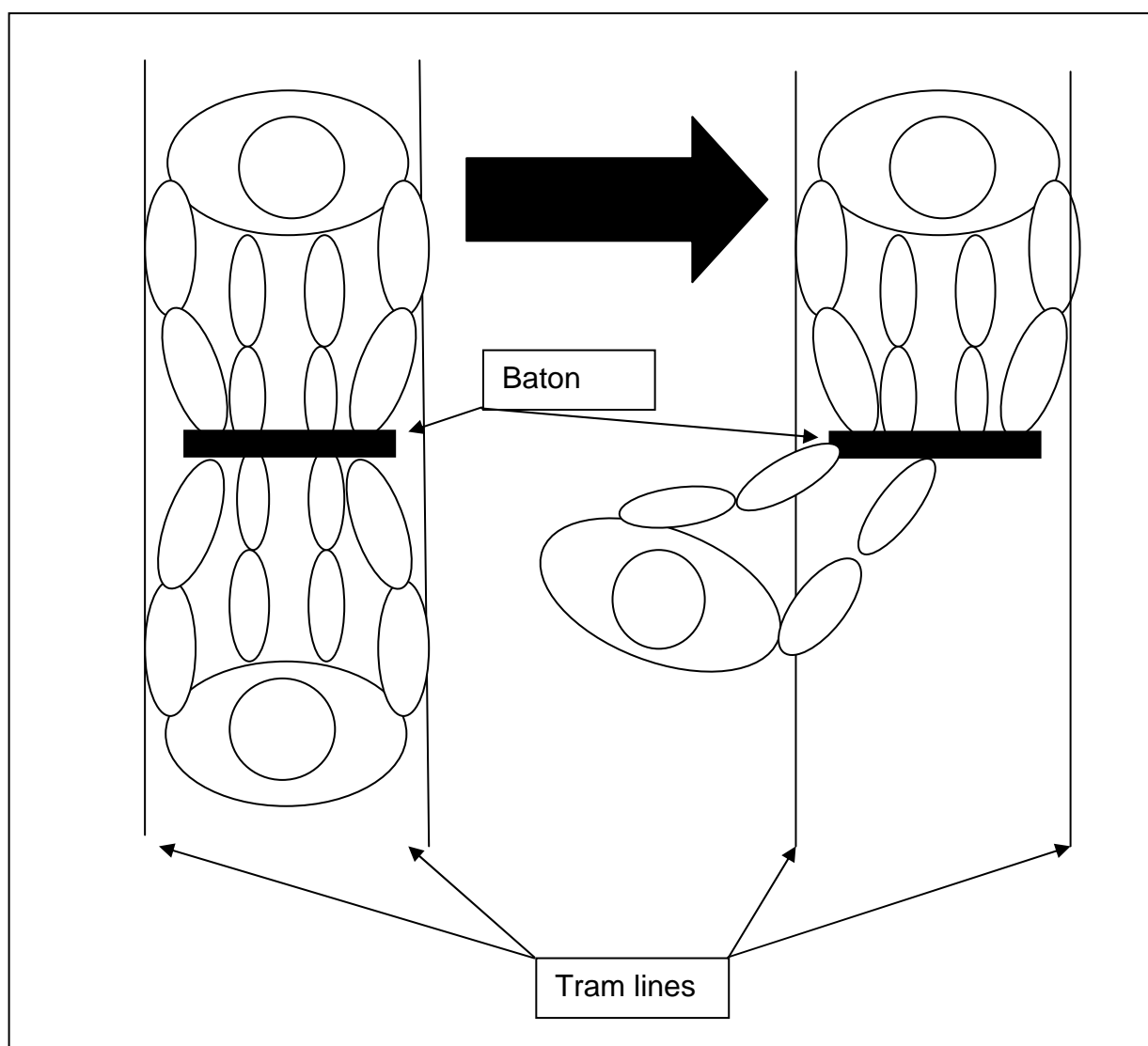
## Card 5 – Portage Peril

### Station Instructions,

In pairs sit within the tramlines, toe to toe. Each person hold an athletics baton or similar. Take turns to stand up ensuring that nose stays in line with knees and toes, once upright step out of the boat (tramlines) before reversing the process. Scoring one point for each double repetition (both paddlers), how many in a minute? No score if the paddler goes outside the boat. If only 1 paddler then wall bars or similar can be utilised.

### Equipment

Athletics Baton, floor markings



### Progression

One hand on the baton, the other on wrist. One hand on baton one on ankle

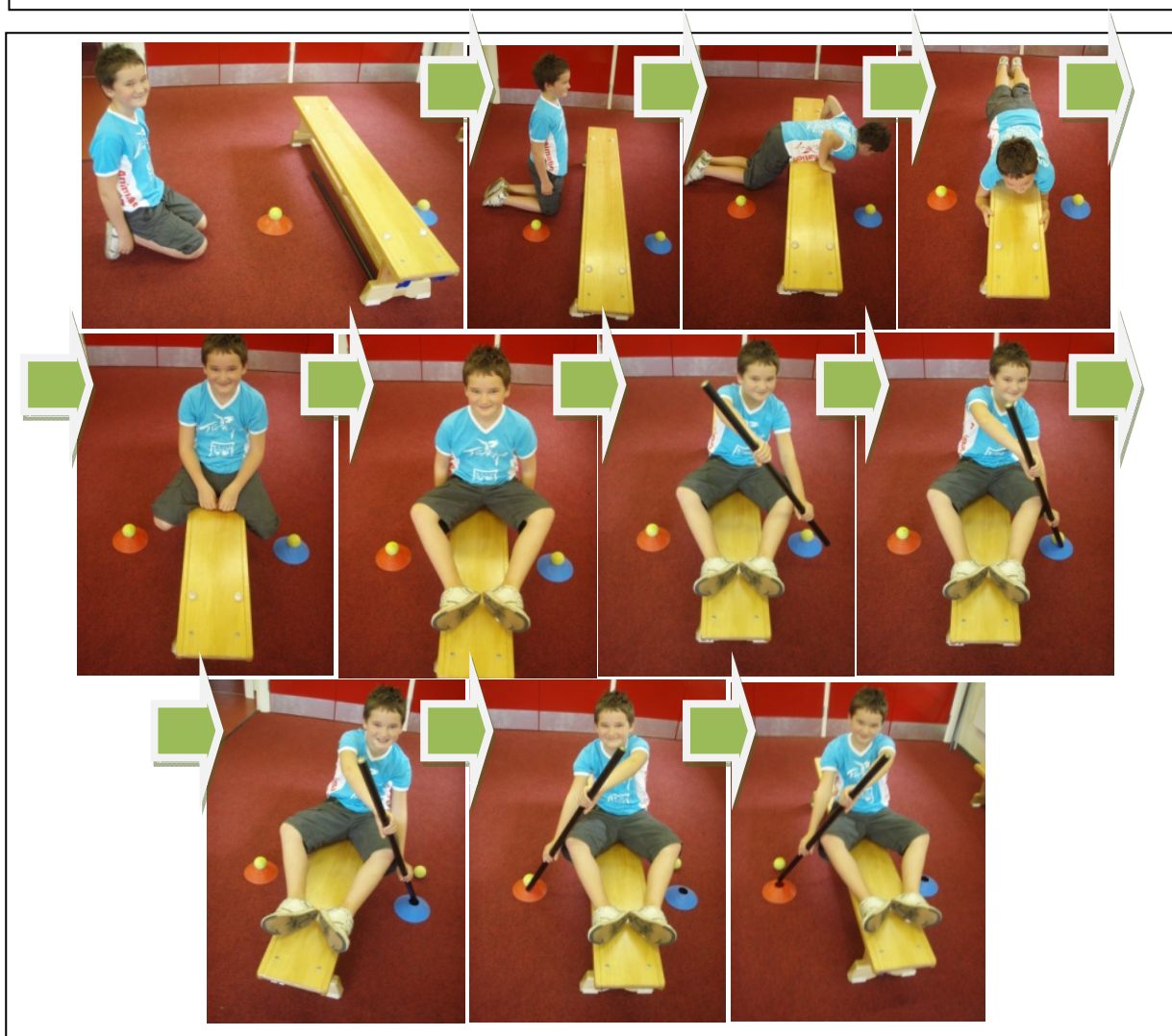
## Card 6 – Deep Water Re-entry

### Station Instructions

Start on knees alongside bench, Move up to laying on tummy across bench, swing round so that body is along bench with head at target end, then drop legs and raise head into sitting position, grasp baton and using kayak stroke knock balls from cones on backwards stroke. Scoring 2 points for a smooth flowing action, 4 points for not touching floor once movement is commenced, 2 points for each ball knocked off.

### Equipment

Sports hall bench, 2x cones, 2 x tennis balls, 1 x pole



### Progression

Aim to build power in chest and arms to aid better performance

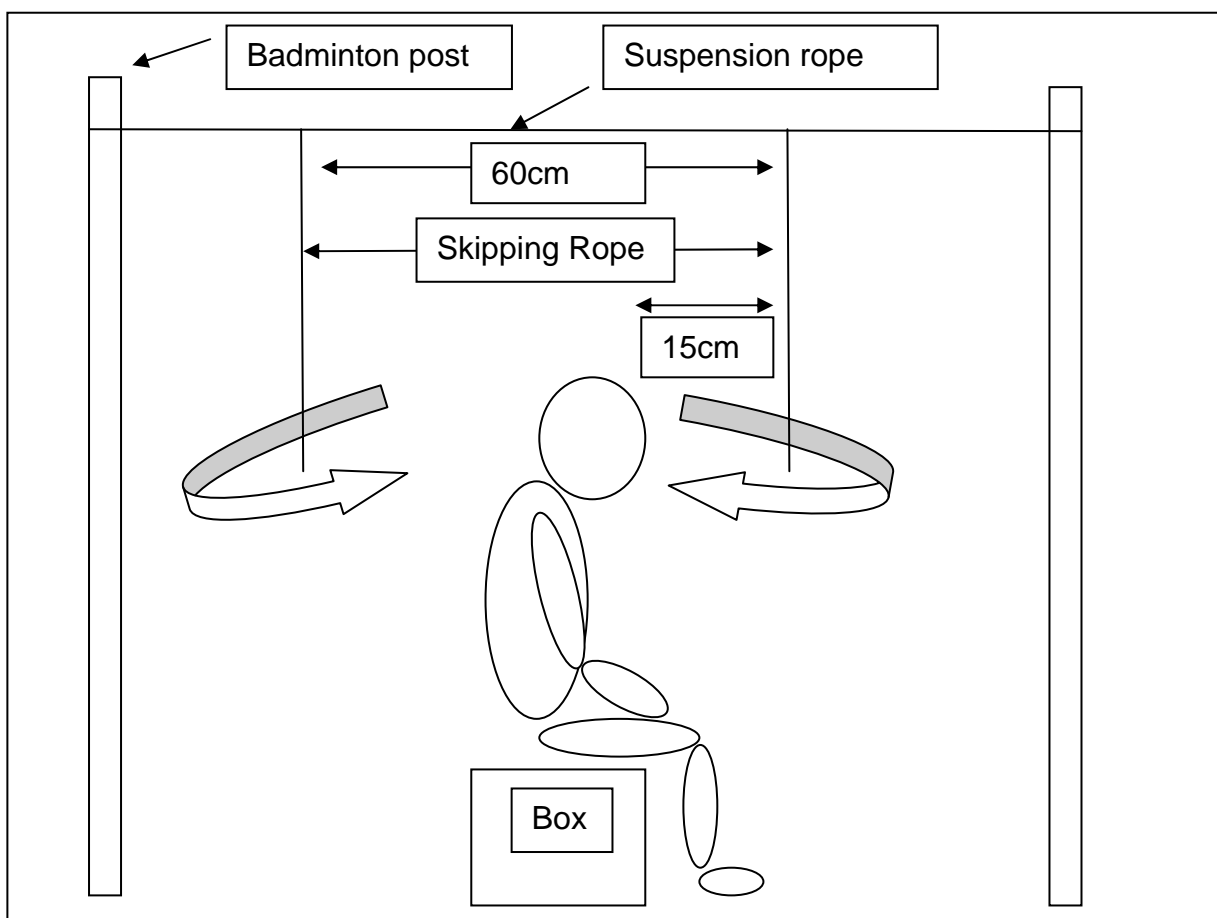
## Card 7 – Flexi Figure 8

### Station Instructions

Sit on box, chair etc figure 8 around the 2 suspended poles without touching them, by rotating at the waist. Do 6 revolutions, 3 in each direction, do not move feet, **Scoring.** Score 2 points each time you go round the rear pole without touching it, and a further 4 bonus points for having no touches on either the front or rear post.

### Equipment

Box, netball posts, suspension rope, 2x skipping ropes



### Progression

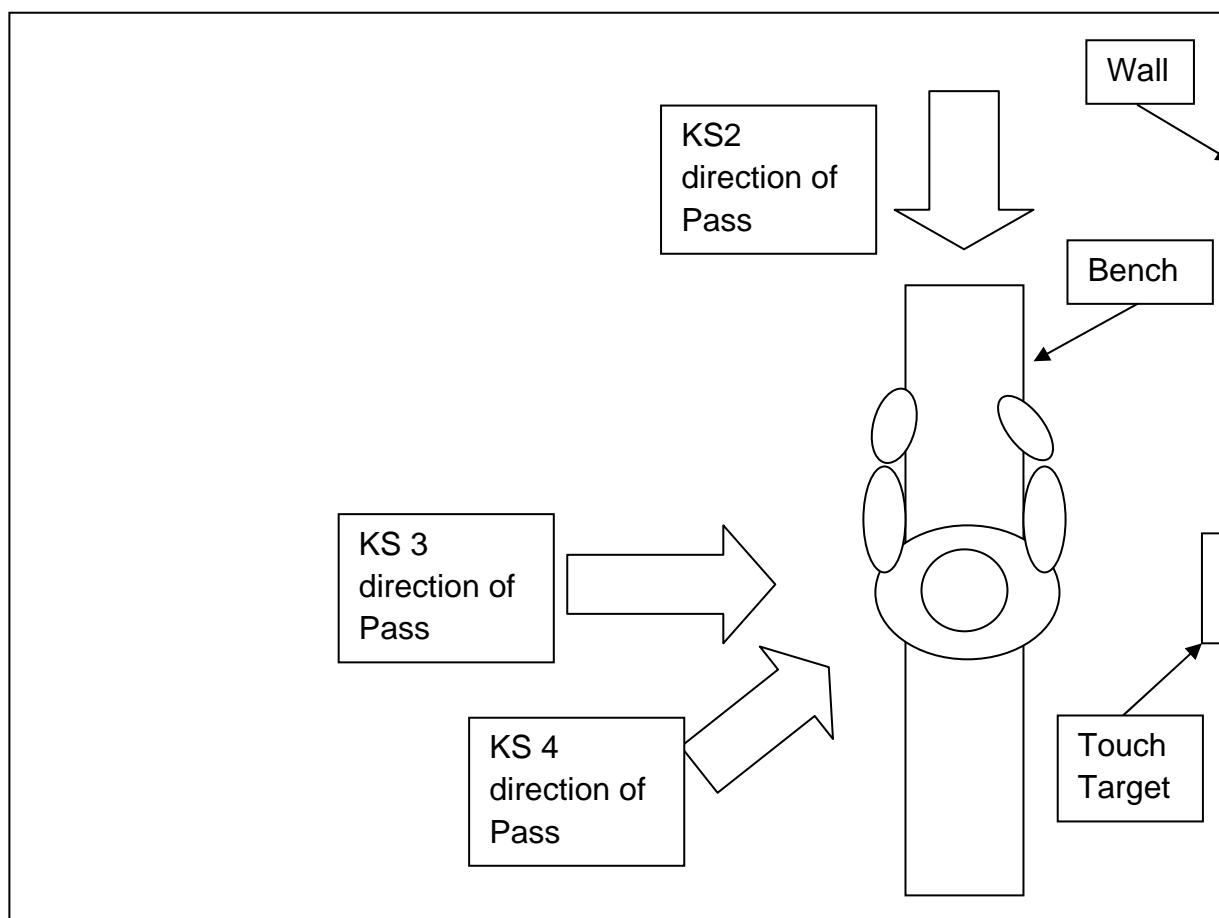
Sit on gym ball or other unstable platform

**Card 8 – Seated Pass Repetition****Station Instructions**

KS 2 Sit on bench within arm's reach of wall, receive ball from front, rotate through 90° and touch ball against wall before returning ball with a chest pass, without anything touching floor. Score 1 point for each repetition within 30 seconds.

**Equipment**

Age appropriate ball e.g. size 3 for KS2, bench, wall, partner

**Progression**

KS 3 receive ball at 90° touch wall on opposite side and return

KS 4 receive ball from 120° touch wall on opposite side at 90° and return

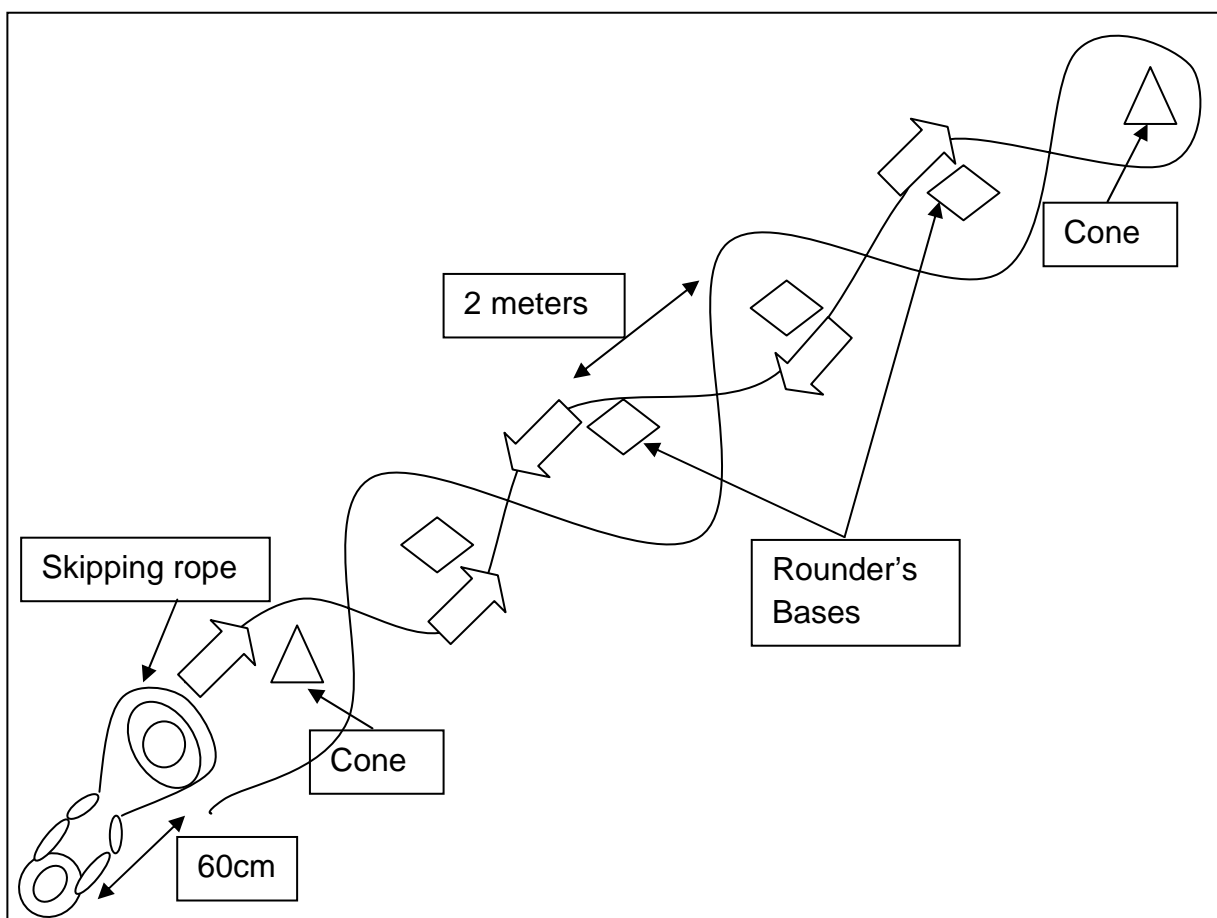
## Card 9 – Crew Boat Staggers

### Station Instructions

Run through a slalom course, in a pair linked together with a skipping rope or similar as reins, rope to remain taut and paddlers in line. Score 1 point for each course completion in 30 seconds

### Equipment

2 x cones, 4x tall markers eg rounder's bases, skipping rope



### Progression

Use solid links between the paddlers to replicate a non twisting boat.

**Card 10 – Seated Rotations****Station Instructions**

Sit on floor 130 cm in front of partner, Partner to hold bib at their waist height. Paddler touches right hand to left foot whilst left elbow touches bib, then reverse. Repeat for 30 seconds. Scoring if 25 – 30 repetitions score 10, 20 – 25 or 35 – 40 score 8, 15 – 20 reps or 40 – 45 reps score 6

**Equipment**

Bibs

**Progression**

Develop rhythmic skills, ensure paddler is sitting on their sit bones in an active position.