

Name: _____

Canoeing 101

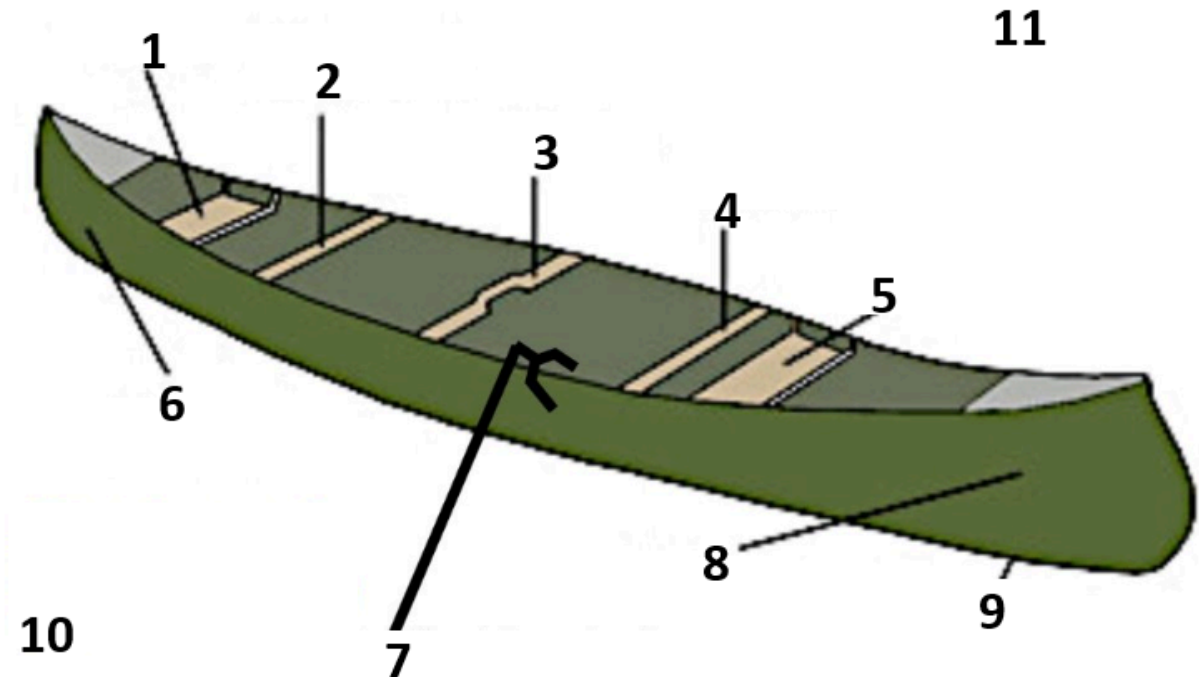
Introduction

Canoeing was first used in America by the _____ Peoples.
They used canoes as a mean of _____ and _____.

Canoeing Today

People use canoeing today mostly for _____ and _____.

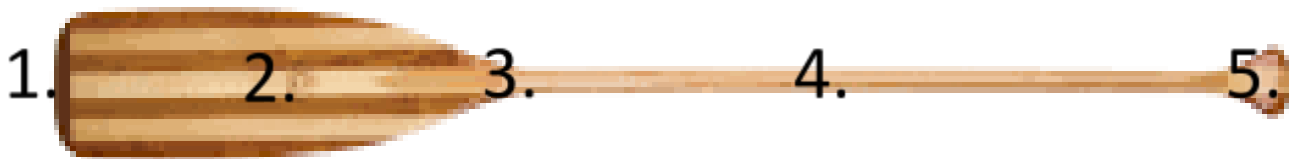
Parts of a Canoe:



Name: _____

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

Parts of a Paddle (Ore)



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. .
. .
. .
. .

Name: _____

Types of Canoeing

Solo Canoeing –

Tandem Canoeing –

In canoeing the person sitting in the back is said to be in the _____ of the boat and the person in the front is said to be in the _____.

Tandem Paddling Tips

1.

2.

3.

Entering and Exiting a Canoe Safely

1. _____

2. _____

3. _____

Tipping, Flipping, and Swamping

1. _____

2. _____

3. _____

4. _____

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Canoeing Strokes

#	Stroke Name	Direction of Stroke	
		Bow (Front)	Stern (Back)
1.			
2.			
3.			
4.			
5.			

Name: _____

6.		
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