

Kayaking Skills - Name

I am safe in the water	Select an appropriately sized life jacket I put it on properly I have sunblock on and/or am wearing long sleeves and a hat	
I can hold the paddle correctly	The paddle is the right way around I hold it with the correct grip I have my hands the right distance apart	
I can use the correct action	I turn my wrists I push with the upper arm	
I can enter the Kayak correctly	I put the paddle across the back of the cockpit I straddle the Kayak with my weight on the paddle I get in in a controlled way	
I can get out of the Kayak correctly	I put the paddle across the back of the cockpit I straddle the Kayak with my weight on the paddle I get in in a controlled way	
I can paddle in a straight line	I keep the boat traveling forward in a straight line I can go across the pond in a straight line	
I can steer my Kayak around a large course	I can go around a triangle efficiently turning at the corners	
I can steer my Kayak through a slalom course	I can weave between markers efficiently I can control my kayak in tight turns	
I can paddle backwards in a straight line	I keep the boat traveling forward in a straight line I can go across the pond in a straight line	
I can move my Kayak sideways in the water	I can use the paddle to drag my boat sideways	
I can use backstrokes to turn quickly	I can push the paddle into the water, lean and push the paddle forward for a quick turn. My kayak is controlled	
I can improve my speed around the outside of the pond	I have endurance I have a strong effective stroke I keep in a relatively straight line	
I can improve my speed around a tight course	I have endurance I have a strong effective stroke I make quick and sharp turns	
I am confident and can play games	I can compete to get to a ball I can raft up with others and change kayaks out in the water	
I can coach others	I can explain and demonstrate how to do all the above skills	