

Kayaking & Canoeing

Greenbank kayaking and canoeing takes place on Littleborough Canal from April-September. The children gain confidence on the water and learn basic paddle skills.

Reception, Year 1 & Year 2 Rafted canoeing - Littleborough Canal

Rafted canoeing with Greenbank allows the younger children to gain experience on open water and understand water safety.

Reception, Year 1 and Year 2 take part in rafted canoeing, the younger children start by participating in a journey up the canal, with the older ones progressing onto learning simple paddle skills.





Year 3 Water confidence - Hollingworth Lake

Year 3 take part in a Water confidence session at Hollingworth Lake. This enables the children to gain confidence in and around water and helps them to trust safety equipment - preparing them for kayaking sessions as they move up school.





Year 4 Sit on Top Kayaks - Bellholme - Littleborough Canal

Year 4 attend Kayak sessions on Sit on Top Kayaks. These kayaks are really stable and allow the children to start adapting to paddling their own kayak ready for Year 5 and Year 6. They also begin their 'Paddle Power' journey by learning skills for them to achieve their 'Paddle Power Start' certificate.



Year 5 and 6 kayaking - Bellholme - Littleborough Canal

The children develop the skills that they have acquired in previous year groups and continue with their Paddle Power awards. They participate in day long sessions including skills tuition, journeying, plenty of games and enthusiastic splashing!



Benefits of kayaking

Social Encouraging others Empathy Building trust with peers and adults Developing a caring attitude Friendships Co-operation Following instruction Journeying	Personal Decision making Self confidence New experiences Life-long memories Self-motivation Listening Personal responsibility Learning with consequences Enabling pupils to shine Experiential learning
Emotional Sense of personal achievement Personal challenge Fun Confidence building Overcoming fears and phobias Encouragement of others Self-awareness Self-respect Sense of adventure Expand comfort zone	Health Aerobic Fitness Core Strength Endurance Balance Self-esteem and positive mental health