

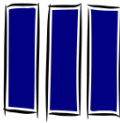
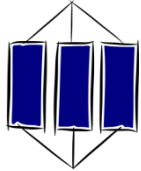
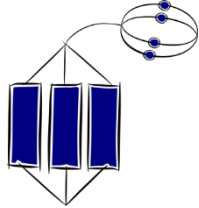


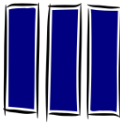
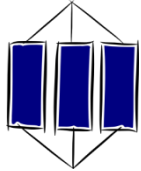
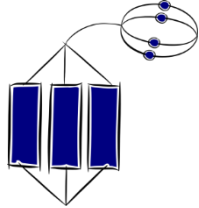




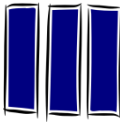
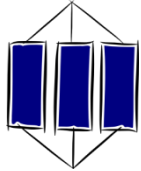
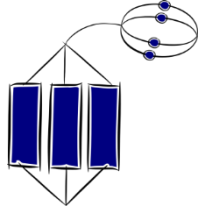
US 19428: Prepare for sea kayaking and demonstrate sea kayaking skills in sheltered sea conditions

Element 1: Prepare for sea kayaking at sea					
<ul style="list-style-type: none"> • Select clothing and personal equipment • Select equipment • Select, store and maintain safety kit. 	<p>I need help to [prepare for sea kayaking at sea]</p> <p><i>Check: comfort, fit, suitability for the conditions, and in accordance with SKOANZ standards</i></p> <p><i>Check: sea kayak, split paddle, buoyancy aid, spraydeck, pump, means of self-rescue.</i></p>	<p>I can [prepare for sea kayaking at sea] if I am prompted or directed.</p>	<p>I use several strategies to [prepare for sea kayaking at sea] but I am not sure when and or why to use them.</p> <p><i>(trial and error – aware of strategies but not sure why or when to use them so makes mistakes)</i></p>	<p>I use several strategies to [prepare for sea kayaking at sea] and I know when and why to use them.</p> <p><i>(strategic or purposeful use of strategies – knows why and when).</i></p>	<p>I can teach others to [prepare for sea kayaking at sea].</p> <p>I act as a role model for others to help them [prepare for sea kayaking at sea]</p> <p>I seek feedback on how to improve how I can [prepare for sea kayaking at sea].</p>
<p>Effective Strategies <i>[insert strategies suggested by students and teachers]</i></p>	<p>Show them examples. Opportunity to practise.</p>	<p>Clear instructions (step-by-step). Prompting. Situational teaching.</p>	<p>Revisit, recap & remind! Autopsies/debrief Role play</p>	<p>Repeated opportunities to practise</p>	



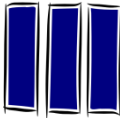
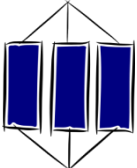
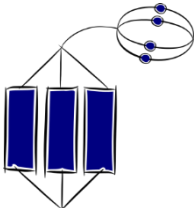
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Element 2. Transport and handle sea kayaking equipment.					
<ul style="list-style-type: none"> • Check sea kayak and kit for wear and damage • Transport boats and kit safely without damage to equipment, vehicle or trailer • Launch boat without damage • Land boat without damage. 	<p>I need help to [transport and handle sea kayaking equipment in preparation for sea kayaking in sheltered sea]</p> <p><i>Equipment: paddles, buoyancy aid, spray-deck, pump.</i></p> <p><i>Transport: roof racks, tying kayaks down</i></p>	<p>I can [transport and handle sea kayaking equipment in preparation for sea kayaking in sheltered sea] if I am prompted or directed.</p>	<p>I use several strategies to [transport and handle sea kayaking equipment in preparation for sea kayaking in sheltered sea] but I am not sure when and or why to use them.</p> <p><i>(trial and error – aware of strategies but not sure why or when to use them so makes mistakes)</i></p>	<p>I use several strategies to [transport and handle sea kayaking equipment in preparation for sea kayaking in sheltered sea] and I know when and why to use them.</p> <p><i>(strategic or purposeful use of strategies – knows why and when).</i></p>	<p>I can teach others to [transport and handle sea kayaking equipment in preparation for sea kayaking in sheltered sea]</p> <p>I act as a role model for others to help them [transport and handle sea kayaking equipment in preparation for sea kayaking in sheltered sea].</p> <p>I seek feedback on how to improve how I can [transport and handle sea kayaking equipment in preparation for sea kayaking in sheltered sea]</p>
<p>Effective Strategies <i>[insert strategies suggested by students and teachers]</i></p>	<p>Show them examples. Opportunity to practise.</p>	<p>Clear instructions (step-by-step). Prompting. Situational teaching.</p>	<p>Revisit, recap & remind! Autopsies/debrief Role play</p>	<p>Repeated opportunities to practise</p>	

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Element 3. Demonstrate paddle strokes for sea kayaks at sea.					
<ul style="list-style-type: none"> • Control boat with use of rudder • Control boat without use of rudder • Use paddle strokes to achieve a purpose • Brace from point of capsize • Stop boat with 4 strokes • Side surf on both sides • Use paddle strokes to avoid obstacles 	<p>I need help to [demonstrate paddle strokes for sea kayaks at sea].</p>	<p>I can [demonstrate paddle strokes for sea kayaks at sea] if I am prompted or directed.</p>	<p>I use several strategies to [demonstrate paddle strokes for sea kayaks at sea] but I am not sure when and or why to use them.</p> <p><i>(trial and error – aware of strategies but not sure why or when to use them so makes mistakes)</i></p>	<p>I use several strategies to [demonstrate paddle strokes for sea kayaks at sea] and I know when and why to use them.</p> <p><i>(strategic or purposeful use of strategies – knows why and when).</i></p>	<p>I can teach others to [demonstrate paddle strokes for sea kayaks at sea].</p> <p>I act as a role model for others to help them [demonstrate paddle strokes for sea kayaks at sea].</p> <p>I seek feedback on how to improve how I can [demonstrate paddle strokes for sea kayaks at sea].</p>
<p>Effective Strategies <i>[insert strategies suggested by students and teachers]</i></p>	<p>Show them examples. Opportunity to practise.</p>	<p>Clear instructions (step-by-step). Prompting. Situational teaching.</p>	<p>Revisit, recap & remind! Autopsies/debrief Role play</p>	<p>Repeated opportunities to practise</p>	

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Element 4. Land on and exit from beaches.					
<ul style="list-style-type: none"> • Launch boat from the beach with control • Land boat on beach with control 	<p>I need help to [land on and exit from beaches with control].</p> <p><i>Control at all times</i></p> <p><i>At least two landings and exits</i></p>	<p>I can [land on and exit from beaches with control] if I am prompted or directed.</p>	<p>I use several strategies to [land on and exit from beaches with control] but I am not sure when and or why to use them.</p> <p><i>(trial and error – aware of strategies but not sure why or when to use them so makes mistakes)</i></p>	<p>I use several strategies to [land on and exit from beaches with control] and I know when and why to use them.</p> <p><i>(strategic or purposeful use of strategies – knows why and when).</i></p>	<p>I can teach others to [land on and exit from beaches with control].</p> <p>I act as a role model for others to help them [land on and exit from beaches with control].</p> <p>I seek feedback on how to improve how I can [land on and exit from beaches with control].</p>
<p>Effective Strategies <i>[insert strategies suggested by students and teachers]</i></p>	<p>Show them examples. Opportunity to practise.</p>	<p>Clear instructions (step-by-step). Prompting. Situational teaching.</p>	<p>Revisit, recap & remind! Autopsies/debrief Role play</p>	<p>Repeated opportunities to practise</p>	