

## Year 12 SACE Canoe Polo lesson outline

Canoe Polo is a game that few students have experienced. Being introduced to this sport provides an ideal setting for an *Improvement Analysis* assignment.

*Part 1: portfolio, including:-*

- *Analysis and evaluation of evidence relating to the aspect identified for improvement*
- *Research on and implementation of strategies for improvement*
- *Evaluation of and modification to implemented strategies*

*Part 2: Evaluation*

- *An evaluation of the improvement of the identified aspect of physical activity*
- *Reflection on and evaluation of the overall success of the strategies implemented for improvement*
- *Recommendations for future directions*

Because canoe polo kayaks are small, low volume kayaks they are cramped. Students would need to alternate between 'on' and 'off' water activities.

Time is required to reflect on performance and on implementing improvement strategies.

Students could research a stroke / rule and explain it to the group.

Students could research attack and defence strategies and then once tried on water reflect on their effectiveness.

Tim would be needed for video recording strokes and game play.

Day 1

On water	Off water
	Set up Difference between a polo kayak and others Origins of the game / development to current rules and competitions Outline day's activities, focus is on paddling skills and introduction to game Go through what to do if you capsize.
Students have time to get a feel for the kayaks and practice capsizing. Teach forward and reverse paddling and sweep stroke (forward and reverse) then progress to incorporating sweep strokes to maintain direction.	
	Reflect and record initial ability. Instructors use Paddle Australia 1-5 score to inform students of their ability.  Practice throwing standing to begin with then sitting down, using baseball throw, round arm, double handed and lob
Quick game of 'keep the ball away'	

	Reflect on problems playing 'keep the ball away'. Eg accurate throw, accurate paddling, turning quickly, going sideways to ball, picking up the ball.
Teach picking up the ball. With a buddy – throw and retrieve a ball, paddle throwing in front of buddy. Play – 1, 2, 3, turn and go	
recess break	
	Teach draw stroke and then bow draw
Students practice Draw strokes Circle weaving using draw stroke and bow draw	
	Using a paddle to intercept a pass. In groups of 3, one with a paddle, throw between two students with the 'piggy in the middle' using their paddle to intercept. Initially standing then sitting. Rotate through 'piggy' position (pg. 156)
Play 'piggy in the middle'	
In line paddling drill, (pg. 136) Sprint races to a ball	
	stretch and empty boats reflect on in-line drill Introduce some rules focus on safety rules such as 'hack' and 'illegal boat tackle'.
Game modified canoe pole (limited rules) Goal is anywhere on the bottom square of the footbridge pylon.	
	Reflect on improvement from first game. Did you use the sweep stroke, draw strokes?
lunch break	
Teach assisted rescue. (More use than deep water rescue as it is very difficult to get back into a polo kayak without re-filling it with water.)	
	Empty boats Reflect on learning the skill of assisted rescue.
Teach emergency stop, particularly going backward to goals.	
	Revise rules, focus on safety rules such as 'hack' and 'illegal boat tackle'. Explain how the game starts, corner ball, after a goal, 'don't hit the goalie' and '5 seconds to throw the ball'.
Play polo	
	Reflect on the skills learnt and the games. What improvements / new skills and needed?

Day 2 (Instructors set up goal on footbridge)

On water	Off water
	Set up Outline day's activities focus is on drills to improve skills and introducing strategies
Warm up paddle	

Revision of strokes Pyramid sprint (pg. 137)	
	Peer feedback on strokes
Throwing at goals, without a goalie and then introduce a goalie. Work from close in and then extend throw.	
	Defence strategies, (pg. 81 & ff) setting up a zone holding position / swapping positions next pass
Throwing at goals, introduce 1 defender then add more.	
Recess break	
	Attach strategies Give and go (pg. 168) Triple dish (pg. 170) Making a wedge
Game, each team has 5 drives at goal, and then reverse attackers and defenders.	
	Reflect on how strategies work. Teach training drill 'Southern Cross' (pg. 142)
Do Southern Cross, aim to throw to a moving target, catch on the move and throw forward. 1 ball or 2 depends on numbers.	
	Stretch and empty boats Revise rules
game	
	Reflect on skill improvement
lunch break	
Teach stern rudder. Teach dribbling Dribbling drill (pg. 152)	
	Stretch and empty boats
Dribbling relay Dribbling under pressure (pg. 153) Leader dribbling get a head start on the attacker.	
	Introduce some more rules, holding, tackling outside the six metre, obstruction
game	
	Reflect on the day's skills and strategies learnt.

Day 3 (need goals at both ends)

On water	Off water
	Set up Outline day's activities focus is on drills and strategies. Introduce advance skills – hand rolling, edging, tail turns
Teach Nose dip (pg. 40) Teach edging, how to incorporate that into defence.	
Teach turning on the ball (pg. 42 and 158)	
Teach hand roll	

Play full game	
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Ref: - Canoe Polo, Basic Skills and Tactics by Ian Beasley, 4<sup>th</sup> Edition, 2013

Use self-assessment check list on page 130

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