

Games and Activities



This resource provides many games and activities that will help in the delivery of the Paddle Oz

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PADDLE
OZ

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Games and Activity
Warm Up

WARM UP

Ball Steal

Players collect one ball at a time from the central spot or each other's collection zone, to gain as many items as possible in the allocated time

Equipment	30+ Balls or simliar items Cones or Hoop to define collection areas Flat area free of obstruction
Setting Up	Place all items in a central location to all players Mark out player's collection area
Playing	On a signal from the instructor, players start at their collect area and run to collect the items from the central location Players are to collect as many as they can in the time e.g. 2 minutes They can collect from other player's collection areas
Change it	Make it the first player to 5 items wins Pair people up and play as teams
Tips and Safety	Ensure distance between collection areas

WARM UP

Flip it

Each player has a PFD. Half of the players place the PFD front up with the other half front down. On a signal players run around trying to flip over the other groups PFDs to match their own.

Equipment	Markers Lifejackets
Setting Up	Divide the players into 2 groups Place markers out to define play area
Playing	Play for a set time e.g. 60 seconds each round
Change it	Bigger or smaller playing area More markers than people Smaller groups in smaller area Flip a lifejacket and have to run to a corner before the next
Tips and Safety	Use a braking activity as a player approaches a PFD, they do something to slow down e.g. Jump, clap etc Winning team, is the one with the most PFDs up there way.

WARM UP

Form a group

Players run around in random directions avoiding body contact with other players, The Instructor calls a number and players form groups that size.

Equipment	Markers
Setting Up	Mark an area free of obstructions
	Disperse the players within marked area
Playing	Start with slow jogging
	Try several group sizes before you get to the number you would like for the subsequent activity, e.g. start by calling 2s, then 6s, and finally the group size you want, such as 4s – you may wish to add a 'new people in group' rule for the second and third calls
Change it	Vary the locomotion- e.g. short bursts of running, hopping and fast walking before calling a group size
	Players have to run to the nearest boundary and touch it with their feet before forming the group
Tips and Safety	Choose an area away from obstructions
	Players should be familiar with space and other player awareness activities
	Start with slow jogging

WARM UP

Moo Baa

Participants form a circle shoulder to shoulder with a paddle in front, with blade on ground and 1 hand on T grip. On a signal the participants move left or right to grab the next paddle.

Equipment	One paddle per person Flat area
Setting Up	Paddles for 1 per person
Playing	Each player has a paddle Players stand the paddle on the ground with one hand on the paddle Make up a word to replace left and right (or use Moo and Baa) When the coach calls the word for right, everyone lets go of their paddle, steps right and grabs the paddle to their right They can only grab the paddle with the hand they were holding their paddle with Participants are out if the paddle falls to the ground
Change it	Include other moves e.g. skip a paddle, turn in a circle Do trick calls to catch people out The whole group takes a step out
Tips and Safety	Use an area that is free from obstructions Have a practise round before an elimination round

WARM UP

Paddle Spin

Participants spin around a paddle 10x and attempt to run in a straight line for 10 meters

Equipment	Paddle Markers Large grass area free of obstructions
Setting Up	Place markers out to show a distance of 10 meters
Playing	One or two at a time, participants place the tip of the paddle on the ground With both hands on the T grip or around half way up the shaft, bend over and place head on hands Looking down at the ground, spin around 10 times and then try to run the 10 meter course
Change it	Time people to see if they can bet their own time Reduce the amount of turns if needed
Tips and Safety	Ensure large grass area, free of obstructions is used Have people walk the 10 meters



Games and Activity
Skill development

SKILL DEVELOPMENT

Turning, Draws

Ball collect

Players collect one ball at a time from the central spot of each other's collection zone, to gain as many items as possible in the allocated time

Equipment	Craft Paddles Lifejackets Balls
Setting Up	Place all items in a central location to all players Mark out player's collection area
Playing	On a signal for the instructor, players start at their collect area and paddle to collect the items from the central location. Players are to collect as many as they can in the time e.g. 2 minutes They can collect from other player's collection areas
Change it	Make it the first player to 5 items wins Pair people up and play as teams
Tips and Safety	Ensure distance between collection areas

SKILL DEVELOPMENT

Stopping

Before the Ball

Paddlers their craft at their ball and attempt to stop before they run it over

Equipment	Craft Paddles Lifejackets Balls
Setting Up	Give each boat a ball Have all craft in an area they are able to see the instructor
Playing	Paddlers throw their ball in front of them as far as they can. They then gain speed and aim for the ball. The goal is to stop as close at the can to the ball before it hits
Change it	Close eyes and perform an emergency stop to feel the effects on the craft
Tips and Safety	Ensure distance between paddlers

SKILL DEVELOPMENT

Turning, Draws, Balance

Blowing in the wind

Teams paddle their craft to collect as many balls as possible

Equipment	Paddle Craft Lifejackets Numbered or coloured balls
Setting Up	Spread the balls out on the water, allowing for any flow or wind influence
Playing	On a signal from the instructor, paddlers race to collect as many balls as they can
Change it	Have different balls worth different values, e.g. Blue are 1 point, yellow 2 or use the numbers on balls as their value
Tips and Safety	Brief what to do if you fall in.

SKILL DEVELOPMENT

Forward Paddle

Boat Glide

Paddlers try to move their craft from one marker to the other with the least amount of strokes

Equipment	Craft Markers for in water Paddle Lifejackets
Setting Up	Place out 2 markers in the water, approx. 30 – 50 meters apart
Playing	Have teams start on one line and paddle with the least amount of strokes to make it to the other end
Change it	Extend the distance Try with eyes closed to go in straight line
Tips and Safety	Watch for collision Choose an area that all craft can fit Explain, nice smooth long strokes



SKILL DEVELOPMENT

Forward, Sstop, Sweeps

Cats and Dogs

Participants are either Cats or Dogs and chase each other to make the tag

Equipment	Craft Paddle Lifejacket Defined area
Setting Up	Define an area Divide group into an even number of Cats and Dogs Participants spread out in defined area
Playing	When trainer calls GO Cats all participants start making the noise of their given animal (cat or dog); continuing to make the noise throughout the game The Cats' job is to catch the dog and tag their craft using hand or paddle The trainer can reverse by calling Dog and the dogs catch the cat
Change it	Define where to tag craft Have to use hand to tag Can use ball as tagging devise
Tips and Safety	Don't make the area to big so that people can hide on the borders No body tags with paddle

SKILL DEVELOPMENT

Forward, Sweeps

Chain links

A follow the leader type of games, with the leader changing positions throughout the game

Equipment	Craft Paddle Lifejackets
Setting Up	Need a stretch of water at least 200 - 300metres long
Playing	Paddlers make a chain down the river and start paddling. The idea of the game is for the second person in the chain to tap on the back of the first boat with their paddle. The first boat then goes to the back of the chain and the second boat becomes the new leader. The game then repeats
Change it	Variations of games
Tips and Safety	Not a race Aim of game is for each player to have a turn at the front with smooth transitions

SKILL DEVELOPMENT

Balance, Turning

Cowboys and Indians

Team attempt to paddle past each other without becoming capsized

Equipment	Craft Lifejackets Markers to mark start lines
Setting Up	Divide the participants into two teams. (Cowboys and Indians) Cowboys are at one end of the marked field behind their line, Indians at the other
Playing	When the instructor gives a signal, both teams try to get from their line to the other line As you pass the other team, you try to tip them out of their craft If players reach the other line, turn around and battle again
Change it	Have people kneel to make them more unstable
Tips and Safety	All participants to wear a PFD Helmets could be worn, depending on variations played

SKILL DEVELOPMENT
Turning, Draws, Backwards

Follow the Leader

All paddlers follow a leader who negotiates obstacles, gets the group to perform a range of manoeuvres e.g. rotate through 180 degrees, stand up in boat, paddle sideways

Equipment	Craft Paddle Lifejackets
Setting Up	Lay out some buoys in water if required
Playing	A leader is nominated (this may be the trainer for the first one) on a signal all participants follow the leader and performs the skills, etc. that the leader does.
Change it	Eventually paddle as a group in a circle and then become a figure 8.
	Rather than follow the leader, the leader could be asking the group to try various manoeuvres
	Could use the Simon Says concept where the participants only do the manoeuvre when the leader says Simon says
	If one gets caught continue until only one participant left
Tips and Safety	Avoid ramming another craft. Be aware of paddle when adjacent to another paddler

SKILL DEVELOPMENT
Turning, Draws, Backwards

Go Fetch

Teams are given a number to collect that is written on a ball. Teams need to find their number in the crowd of balls before other teams do.

Equipment	Paddle Craft Lifejacket Numbered balls
Setting Up	Spread the balls out on the water, allowing for any flow or wind influence Give each team a number that they have to find the ball for
Playing	On a signal from the instructor, teams race to collect their ball If teams find other teams' numbers you can throw them out of the way (but all balls must stay in water) First team back to home base with their ball is the winner.
Change it	Give each team more than one number, maybe 2 or 3.
Tips and Safety	Brief what to do if you fall in

SKILL DEVELOPMENT

Forward and stop

Green Light

Played on land, Participants practise forward and stopping strokes

Equipment	Markers Paddles
Setting Up	Places markers out to define 2 lines 20m apart Participants to start on one line
Playing	Trainer calls green light, participant walk and paddle towards next line, when trainer calls orange light, prepare to stop, trainer calls Red light, participants perform 3 or 4 stopping strokes
Change it	Have participant make calls Change words to strokes names
Tips and Safety	Ensure space between people

SKILL DEVELOPMENT
Balance, Stroke combination

Kayak netball

Two teams. The aim of the game is for each member of a team to throw/catch the ball before aiming for the goal

Equipment	Craft Paddle Lifejacket Big soft ball
Setting Up	Defining the play area and describing the rules
Playing	Paddles are not allowed to push other players or boats
	Paddles may be put straight into the air to deflect the ball
	Paddles may not be held near a face to stop a throw
	Every member of a team must throw and catch the ball at least once before an attempt at goal
	If the other team touches the ball then once “your team” gets the ball again the team count starts again from one
Change it	By making it a rule that everyone must touch the ball then all the students are included. If this rule is omitted then I find the strong paddlers will try and dominate and the weaker paddlers become spectators
Tips and Safety	Any more than 12 and this game can get out of hand If the teams end up being a bit out of balance then having the goal as a staff member means that the staff member can move themselves such as to make it harder for the stronger team to score

SKILL DEVELOPMENT
Balance, Stroke combination

Modified Canoe polo

Object of the game is for the team to keep possession of the ball for as long as possible.

Equipment	Craft Paddle Lifejacket Ball
Setting Up	Lay out some buoys in water if required
Playing	Player needs to pass the ball within five seconds. Can't paddle with ball on the deck. Boundaries of the playing area to be defined.
Change it	Set up goals or persons to act as goals. Score if every member of the team receives the ball.
Tips and Safety	No ramming in the cockpit area, No hacking with the paddle while the ball is being gathered. Avoid having the paddle near another player's head. Should ensure the paddle is arm's length away during play

SKILL DEVELOPMENT

Sitting position

Musical Craft

Played on land, Participants practise getting in and out and correctly sitting in craft

Equipment	1 less craft than participants
Setting Up	Place all the craft into a circle on open flat ground
Playing	Can use music, singing, clapping etc. People walk around the craft while the music is playing When it stops people sit appropriate in a craft as quick as possible The person that does not get a craft is out Reduce the craft so there is always one less than participants
Change it	Remove more than one craft at a time Have a variety of craft
Tips and Safety	Ensure space between craft Walking only

SKILL DEVELOPMENT

Balance

No Paddle Relay

Buoys are placed in the water for each team. A course is given to the teams to race around

Equipment	Craft Lifejackets Buoys
Setting Up	Place markers in the water, one for each team Divide participants into teams
Playing	Have all teams start at a start line, teams are to enter into craft and race around the buoy and return.
Ideas for relay	With no paddle, paddle with hands out and back One person paddles craft out, ties craft to buoy and swims back Next team mate, swims out, unties craft, gets on and paddles back Both team mates paddle out, capsize at buoy and swim craft back in
	Winning team is first to complete all the above
Change it	Have more buoys to perform figure 8s Paddle craft backwards out and return One person blindfolded
Tips and Safety	All participants to wear a PFD Allow plenty of room between team buoys

SKILL DEVELOPMENT

Water confidence

Pick up

Teams of participants are to swim out, pushing and pulling their craft to collect as many floating balls and items that are in the water

Equipment	Craft Lifejackets Floating objects approx. 50 - 100 (coloured balls work well)
Setting Up	Divide the participants into boat teams Place items out on the water
Playing	When the instructor gives a signal, all team mates enter the water with their craft They are given no paddles and need to move the craft around to collect as many items as possible and place into their craft After a set time period or once all items are collected, teams then return the craft with all the items to shore for a final count
Change it	Have different coloured items with different points attached to each Certain coloured craft have to collect a certain colour item Allow stealing from other craft
Tips and Safety	All participants to wear a Lifejacket

SKILL DEVELOPMENT

Forward and stop

Red Rover

Players on one side of a defined area have to paddle to a safe area past a person in the middle without being tagged by a paddle on the front or back deck. When caught become an additional tagger in the middle

Equipment	Craft Paddle Lifejacket
Setting Up	Define boundaries and safe area each end of playing area
Playing	Player in the middle identifies those who are to attempt to get to the opposite safe area.= Example: Those in red boats, those wearing a black cap, Red Rover all over. Game continues until everybody caught
Tips and Safety	No ramming in the cockpit area Be aware of paddle when adjacent to another kayak

SKILL DEVELOPMENT

Low support

Rock and Roll

Participants practice low support while removing objects from the craft

Equipment	Craft Paddle Lifejacket Balls/objects
Setting Up	Define an area
	Participants spread out in defined area
	Participants place objects on deck or craft
Playing	Participants practice the low support stroke tipping the craft to tip the objects into the water while using the low support to recover
Change it	Race to tip off all objects
	Use a variety of objects, some that come off easy, others that don't
Tips and Safety	Ensure people are using correct technique

SKILL DEVELOPMENT

Turning, Stopping

Sharks and Seals

Continuous tag

Equipment	Craft Paddle Lifejacket
Setting Up	Define boundaries
Playing	Identify who are going to be sharks and who are going to be seals
	Sharks must make appropriate sounds while paddling e.g. Theme from Jaws
	Seals must bark like a seal while paddling
	The aim of the game is for the Sharks to tag the seals by touching the front or back deck with their paddle
	Once tagged the seals become sharks until all seals are caught
Change it	Other ways of playing continuous tag. e.g. cowboys and cows.
Tips and Safety	No ramming around the cockpit area
	Ensure safe use of paddle when adjacent to another kayak

SKILL DEVELOPMENT

Water confidence

Sponge tag

Good old tag, but with sponges rather than balls

Equipment	Craft Lifejackets Paddles Sponges x 3 - 5
Setting Up	Set up boundaries for a playing field Players on in their craft One player has 3- 5 sponges
Playing	Participants spread out within the playing field On the trainers signal, the player with the sponges paddles and throws them at other players to tag them in
Change it	Once tagged players join the tagger and they form a team Once more than 3 craft in no more paddling with sponge
Tips and Safety	All participants to wear a Lifejacket Many capsize while retrieving sponges

SKILL DEVELOPMENT

Sweeps

360 Race

Participants race to complete a circle in both direction.

Equipment	Craft Paddle Lifejacket
Setting Up	Participants spread out on the water to allow room to turn craft without sitting on one another
Playing	When trainer calls GO, Participants turn their craft in a full circle on the spot, once complete turn back the other way The winner is who completes the two circles first
Change it	More than one circle in each direction Use a relay system, teams of 3 or 4 when one finishes the next starts, first team for all to complete
Tips and Safety	Can lead to capsize Check people are completing a full sweep

Games and Activity
Wrap up

Wrap up

Next time

Briefing is given to the group on what to expect in the next session

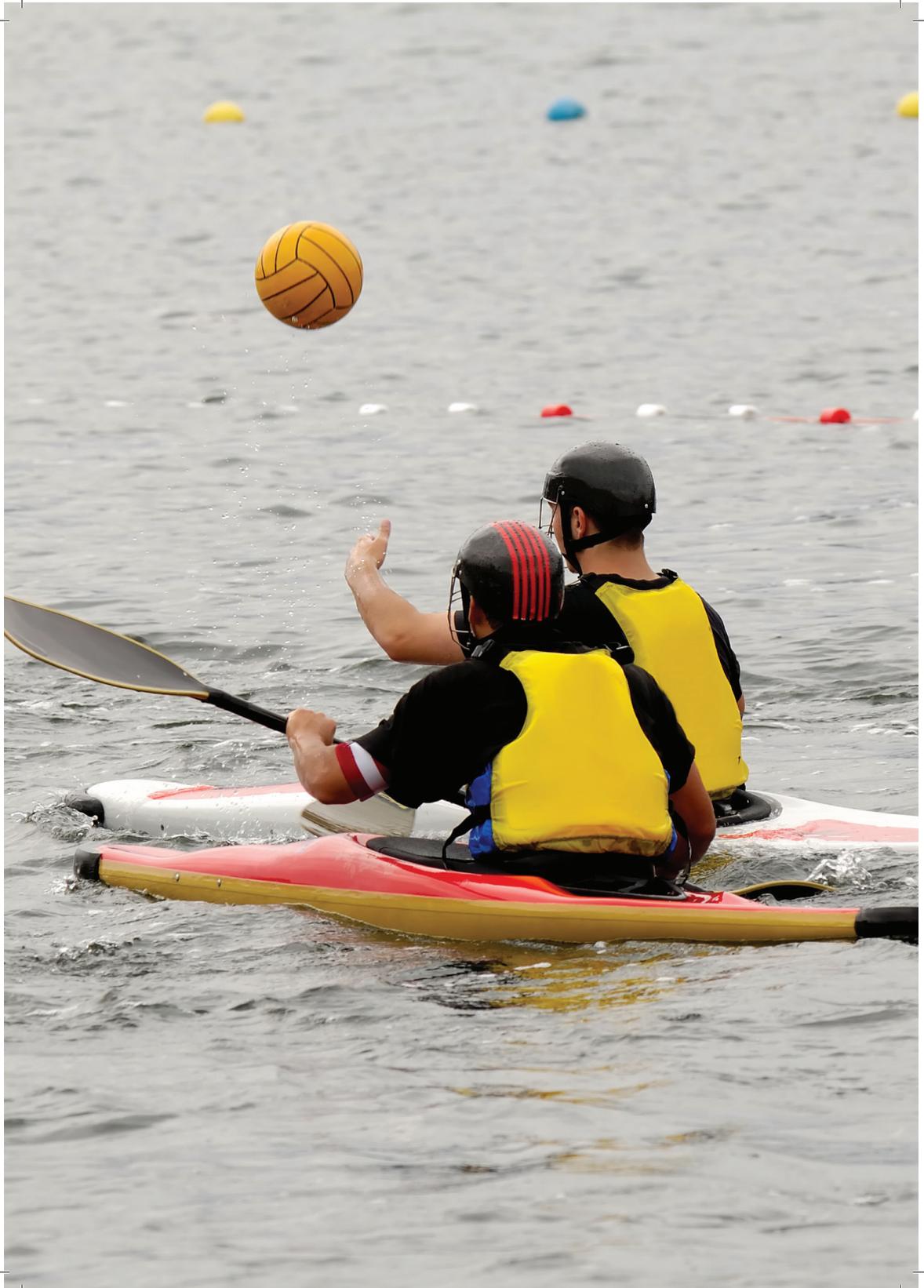
Equipment	N/A
Setting Up	Have group form circle or similar in a comfy area
Playing	Instructor briefs that is the next session e.g. will start to look at how to use the paddle and the forward and reverse strokes
Change it	Have the group give some idea of activities that would help practise these skills
Tips and Safety	Use sound reinforcement
	Keep group close

Wrap up

Starting with

Group is sitting in an area. The instructor asks general questions about the gear and lessons learnt from the session

Equipment	Markers
Setting Up	Have group form circle or similar in a comfy area
Playing	Instructor is to ask questions about the session
Examples	Starting with P what is the jacket called you wear while paddling
	What does PFD stand for?
	Name 6 parts of the craft
	What does FBF stand for?
	List the equipment you need to go paddling
	What are the names of parts of the paddle?
Change it	Have each team think of 3 questions to ask the rest of the group
	Point to parts of equipment and have people call out what it is
	Score teams for how many they get correct



The first part of the document discusses the importance of maintaining accurate records in a business setting. It highlights how proper record-keeping can help in decision-making, legal compliance, and financial management. The text emphasizes that records should be organized, up-to-date, and easily accessible.

Next, the document addresses the challenges of data management in the digital age. It notes that while digital storage offers convenience, it also introduces risks such as data loss, security breaches, and information overload. Solutions like cloud storage, encryption, and regular backups are suggested to mitigate these risks.

The third section focuses on the role of technology in record management. It explores how software solutions can streamline processes, reduce errors, and improve efficiency. Examples of record management systems are provided, along with a comparison of their features and costs.

Finally, the document concludes with a call to action, encouraging businesses to invest in robust record management practices. It stresses that good record-keeping is not just a legal requirement but a strategic advantage that can lead to long-term success.