

# CANOE YOUR WAY TO CARDIORESPIRATORY ENDURANCE & TEAMWORK!

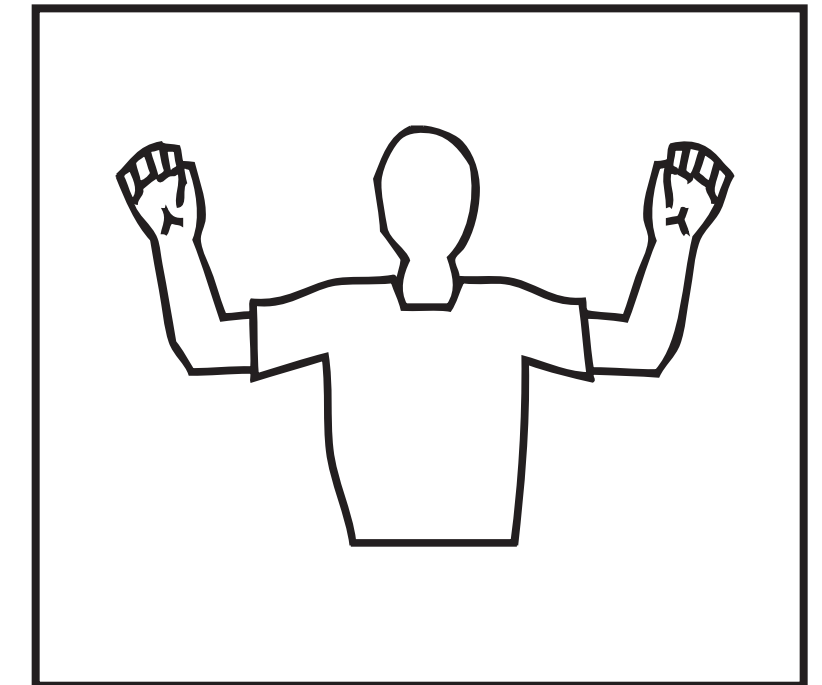
## -THE CANOEING STATION-

Four players race to the goal line at this station. Rowing fast and staying within the lines requires lots of teamwork, endurance and coordination. Upper body fitness is emphasized here.

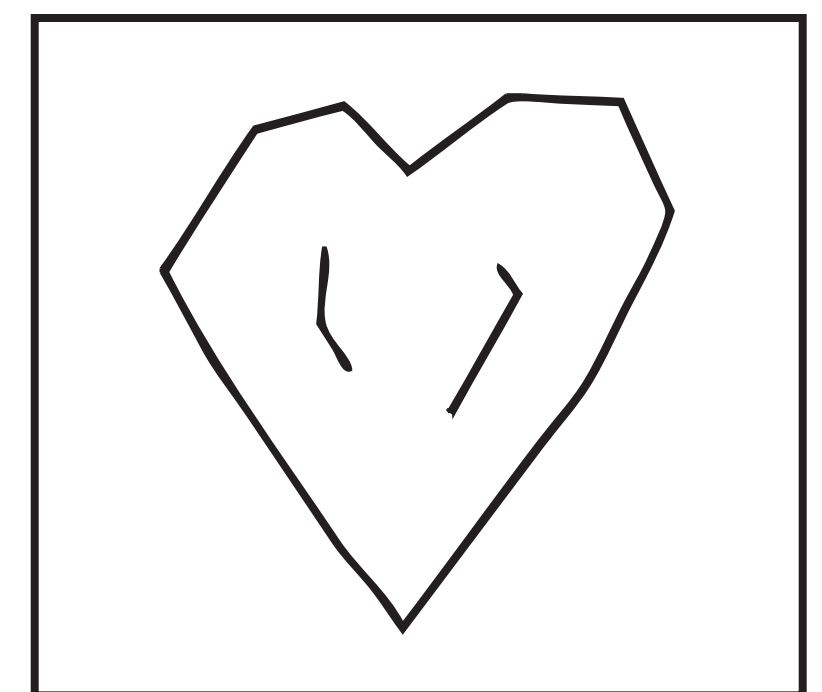
Teams of two work together to navigate their way over a lake, rowing through designated areas to reach the goal line. Coordination is key as players realize how important it is to row together to move faster and stay on course. This station uses upper body muscles such as the trapezius, deltoids, biceps and triceps. It also works our most important muscle...the heart.



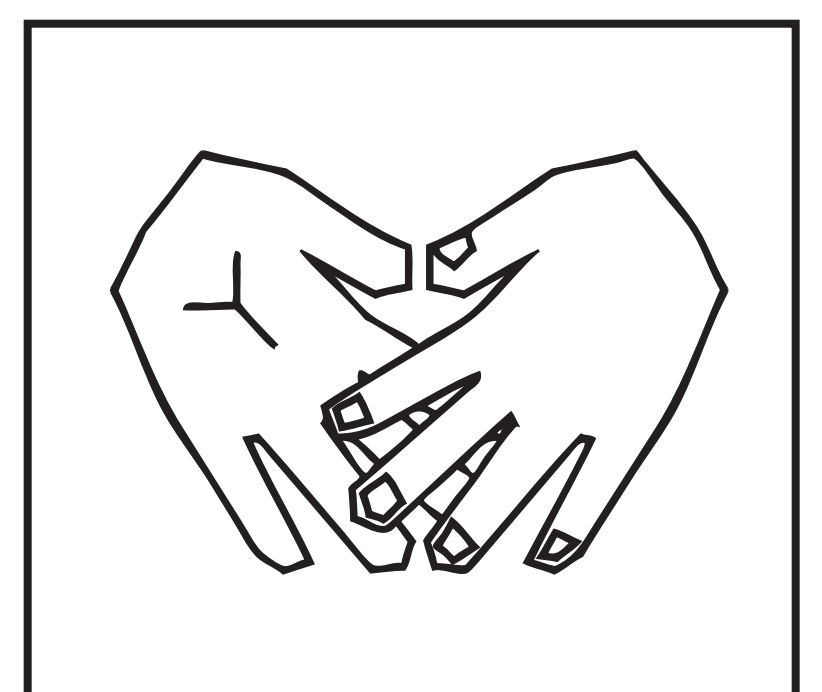
### Muscles, Systems & Skills



Upper Body



Cardio



Teamwork

### The Canoeing Station is in alignment with the following Physical Education and Health Learning Standards:

- Participate in physical activities that provide conditioning for each fitness area
- Develop physical fitness skills through regular practice, effort and perseverance
- Demonstrate mastery of fundamental motor, non-locomotor and manipulative skills, and understand fundamental principles of movement
- Work constructively with others to accomplish a variety of goals and tasks

### Related Sports & Activities

Canoeing  
Kayaking  
Skiing  
Swimming

