

## Keep Fit – paddling activities

From time to time we go to paddling activities on the nearby rivers “Emmer” and “Weser” with boats and canoes. The only preconditions are that weather, water-level and current are appropriate. With canoes it is quite uncomplicated because the school



owns some; boats are a bit more effort because you have to book them and they cause cost. Due to a very good connection to the owner of the boats it is normally no problem to book them even only a day or two in advance. Generally it is great fun, the students enjoy it and it contributes to the fitness of both students and teachers. We introduced it to some students during a LTTA.

Organisation (if river, lake or the sea is close): Inform parents, book boats, organise transport, short briefing with students and have a teacher ready with a licence as sports teacher.

