



Outdoor Education

Description

The unit is based on the theory and practice of a variety of outdoor activities.

Unit Topics

Topics include:

- Practical*
- bushwalking
 - tree planting
 - orienteering
 - canoeing
 - geocaching
 - stand up paddleboarding
 - mountain biking
 - snowshoeing
 - basic camping skills including emergency procedures, first aid and safety skills
- Theory*
- Different Outdoor Environments
 - Sustainable Environments
 - Activity specific knowledge
 - Risks in the outdoors
 - First Aid
 - Basic camping skills

Skill Development

To introduce students to a broad range of challenging outdoor and leisure activities. These will develop practical outdoor skills and encourage students to pursue these activities outside school hours.

Possible Assessment Tasks

- Activity journals
- Initiative games
- 'My Favourite Place' assignment
- Camp Preparation booklet
- Water safety

Excursions and camps

Students take part in a variety of excursions including bushwalking, tree planting, orienteering, canoeing, geocaching, stand up paddleboarding and snowshoeing (depending on time of year). The students also attend a mountain bike camp.