

Outdoor Education

Do you like the outdoors?

Are you interested in learning the basic skills of camping?

Outdoor Education engages students in the study of the human connection to natural environments through outdoor activities and developing self-reliant expedition skills. In these environments, students develop knowledge, understanding and skills to move safely and competently, while valuing a positive relationship with and promoting the sustainable use of these environments.

These activities are an important part of learning in the Health and Physical Education curriculum as they promote lifelong physical activity. They also contribute to health and wellbeing through direct personal experiences and connections with natural environments. Outdoor Education provides a valid environment for developing movement competence, promoting a sense of wellbeing, enhancing personal and social skills, and developing an understanding of the concept of risk versus challenge. Outdoor Education equips students with lifelong time management, decision making and teamwork skills that translate to students' later studies and careers.

Students will study the following topics during the theory component:

- Risk management
- Basic camping skills
- Minimal impact camping
- Navigation, mapping and compass work
- Weather
- Basic first aid

Assessment

Practical

Theory

Subject Length

1 semester

Additional Information

Students attending this course will be required to attend all overnight camps and excursions.