

YEAR 10 – Outdoor Education

- Unit Outline -



Course Description:

Students develop an understanding of our relationships with the environment, ourselves and others. The emphasis is placed on relationships concerning humans and natural resources.

Course Outcomes:

By the end of this unit you should be able to:

- Understand how to find their way using various navigation techniques.
- Understand the processes of minimal impact camping.
- Develop a small survival kit.
- Know how to tie a number of specific knots
- Understand and know how to cope with bush survival situations. Have a skill set that is practical and useful.

Course Timeline:

| Week | Activity | Assessment | Weighting |
|------|--|---------------------------------------|-----------|
| 1 | No class. | | |
| 2 | Introduction. Planning to build a survival kit. | | |
| 3 | Introduction to knot tying. | | |
| 4 | Water Procurement. | | |
| 5 | Navigation without a compass. | In-Class Practical test | 20% |
| 6 | ABC of emergencies. | | |
| 7 | Building a survival Kit. | | |
| 8 | What is minimal impact camping. | | |
| 9 | Strategies and tactics for bushwalking. | | |
| 10 | Review and practical test. | In-class Written/Practical Assessment | 30% |

Course Organisation

Outdoor Education runs for 2 periods per week. The first part of each lesson will be revision and theory and the second part will practical skills.

Students will be expected to use time in class to develop a set of skills as well as a knowledge base grounded in understanding the environment and the impact that we have on it. They will also work to develop a sense of teamwork, leadership and positive relationship building. They will learn to recognise when a problem exists and how to find the best solution.

Specific Equipment required for each lesson:

- Pens, pencils and paper.
- Some lessons will be conducted in the bush below the school so old shoes and clothes will be an advantage. A hat, sunscreen, insect repellent and a water bottle is also highly recommended.

Vocabulary

Outdoor Education Vocabulary

- Natural Environment
- Sustainability
- Stewardship
- Experiential
- Tourism
- Adventure
- Recreation
- Survival
- Leadership
- Teamwork
- Comfort zone
- Physical Stress
- Psychological benefits
- Climate
- Backcountry

Outdoor Activities

- Rappelling
- Backpacking
- Camping
- Canoeing
- Kayaking
- Nature study
- Questing
- Rafting
- Rock climbing
- Ropes course / Rope Work
- Sail training
- Snowboarding
- Way-finding