

Outdoor Education

In Year 10 Outdoor Education, students will gain an appreciation of the relationship between the environment, outdoor recreation, sustainability, human impact and the nature and role of risk, challenge, and adventure. Students will participate in a range of outdoor recreation activities designed to engender a sense of self, community, and personal growth. Students will engage in a range of practical activities that include surfing and open water activities, overnight camp that includes a navigation, camp cooking and hiking, indoor rock climbing and other local excursions to develop their teamwork and leadership skills. Students will explore the interactions between humans and the impact this has on outdoor environments including the threat of climate change and invasive species. Students will develop their skills in testing indicators of the health of outdoor environment and relate these back to society's needs. Practical skills developed throughout the semester include open water safety, first aid, navigation, camp cooking and the safe and sustainable planning for outdoor activities. This is a Semester based elective.

Key concepts

- Planning and participating in a range of outdoor activities.
(eg: overnight hike, surfing, open water SUP, indoor rock-climbing)
- Classification of environments
- Characteristics of the Australian Landscape
- Indicators of healthy outdoor environments
- Navigation, camp-craft and use of equipment
- Threats to outdoor environments
- Technology and the mitigation of risks

Interacting with others

Students will be able to plan and prepare for a wide range of practical activities on both land and water. Students will consider the safety requirements and the impact of the interactions of humans. Through practical experiences students will be able to identify how the use of technology influences safe participation in outdoor activities and describe potential ways to mitigate risk in the outdoors. Students will be able to describe the characteristic of the Australian Landscape and identify the types of ecosystems in Victoria. Students will be able to identify potential threats to the outdoor environments and describe the impacts on society and the environments. Students will use data collected to analyse and evaluate the health of outdoor environments visited throughout the semester.

Moving our bodies

Through participation in outdoor activities students will be able to describe the importance of healthy lifestyles and the importance of being active in the outdoors. Students will develop a range of skills through participation in a range of outdoor activities.