**Sample Course Outline**

Outdoor Education

General Year 11

**Acknowledgement of Country**

Kaya. The School Curriculum and Standards Authority (the Authority) acknowledges that our offices are on Whadjuk Noongar boodjar and that we deliver our services on the country of many traditional custodians and language groups throughout Western Australia. The Authority acknowledges the traditional custodians throughout Western Australia and their continuing connection to land, waters and community. We offer our respect to Elders past and present.

**Copyright**

© School Curriculum and Standards Authority, 2014

This document – apart from any third party copyright material contained in it – may be freely copied, or communicated on an intranet, for non-commercial purposes in educational institutions, provided that the School Curriculum and Standards Authority is acknowledged as the copyright owner, and that the Authority’s moral rights are not infringed.

Copying or communication for any other purpose can be done only within the terms of the *Copyright Act 1968* or with prior written permission of the School Curriculum and Standards Authority. Copying or communication of any third party copyright material can be done only within the terms of the *Copyright Act 1968* or with permission of the copyright owners.

Any content in this document that has been derived from the Australian Curriculum may be used under the terms of the [Creative Commons Attribution-NonCommercial 3.0 Australia licence](http://creativecommons.org/licenses/by-nc/3.0/au/).

**Disclaimer**

Any resources such as texts, websites and so on that may be referred to in this document are provided as examples of resources that teachers can use to support their learning programs. Their inclusion does not imply that they are mandatory or that they are the only resources relevant to the course.

# Sample course outline

# Outdoor Education – General Year 11

# Unit 1 and Unit 2

## Unit 1

| **Week** | **Key teaching points** | **Assessment** |
| --- | --- | --- |
| 1 | **Personal skills*** definition of self-awareness, self-appraisal, goal setting, time management, flexibility, monitoring, reflection, commitment and self-concept
* identifying personal strengths and weaknesses

**Safety*** safe practices and safety guidelines relevant to outdoor activity
* equipment and behaviours necessary for personal protection from environmental conditions and hazards related to the activity

**Skills and practices*** technique development of a variety of skills in an outdoor adventure activity
* strategies to improve own performance in an outdoor adventure activity
 |  |
| 2 | **Working with others*** definition of communication skills, assertion, cooperation, collaboration, problem-solving, and negotiation
* active listening and types of communication skills

**Safety*** definition and importance of personal comfort
 |  |
| 3 | **Working with others*** characteristics and functions of an effective group

**Relationships with nature** * definition of nature and natural environments
* motivation for seeking outdoor experiences
* characteristics of natural environments that people seek out during an outdoor experience
* introduction to ‘Leave No Trace’ principles
 |  |
| 4 | **Planning*** aspects of expedition planning to assist in personal preparation
* pre-European and post-European history of the area
* information about features of the natural environment
* map showing route
* schedule
* equipment lists
* menu
* standard operating procedures
* minimum impact practices
* environmental management rules
 |  |
| 5 | **Environmental management*** functions of Western Australian government environmental management departments and other local agencies/organisations
* Western Australian land management classifications
* national parks
* conservation parks
* nature reserves
* state forests
* marine parks
* rules, regulations and guidelines for using a managed area for specific outdoor activities
 |  |
| 6 | **Personal skills** * entering details of, and reflecting on, an experience in a journal

**Skills and practices*** strategies to improve own performance in an outdoor adventure activity
 |  |
| 7 | **Leadership*** generic leadership qualities
* trustworthy/honest
* fair
* open
* instils confidence in others
* good listener
* leadership qualities of significant outdoor leaders
* contents and purpose of an activity briefing
 | **Task 1:** snorkelling skills(7.5%) |
| 8 | **The environment*** definition of ecological terms
* ecosystems
* abiotic
* biotic
* trophic levels
* producers
* consumers
* decomposers
* flows
* food webs
* abiotic and biotic features of natural environments within a local natural environment
 |  |
| 9 | **Safety*** identification and treatment of common outdoor illnesses and injuries
* selection, packing and use of essential first aid equipment

**Skills and practices*** technique development of a variety of skills in an outdoor adventure activity
 |  |
| 10 | **Skills and practices*** tying common knots
* reef
* figure eight
* bowline
* clove hitch
* figure eight on the bight and follow through
* round turn and two half hitches
* use of ropes
* types and care of ropes
* roping skills relevant to the outdoor activity, first aid and excursion/expedition
 |  |
| 11**−**12 | **Skills and practices*** types of maps, features of maps, using a map to navigate
* generic expeditioning skills
* campsite selection
* shelter construction
* cooking
* hygiene
* water treatment
* correct selection of expedition-specific equipment
* introduction to a compass
* parts of a compass
* orientating a map using a compass
 |  |
| 13**−**14 | **Safety*** identification and treatment of common outdoor illnesses/injuries
* selection, packing and use of essential first-aid equipment
* completion of medical forms
 | **Task 2:**sea kayaking skills(7.5%)**Task 3:** investigation(10%) |
| 15 | **Relationships with nature*** human responses to nature
* fear
* appreciation
* awe
* contemplation
 | **Task 4:** topic test(10%) |

## Unit 2

| **Week** | **Key teaching points** | **Assessment** |
| --- | --- | --- |
| 16 | **Personal skills*** time management and goal setting skills

**Safety*** role and importance of risk taking and challenge in outdoor education

**Skills and practices*** technique development of a variety of skills in an outdoor adventure activity
 |  |
| 17 | **Skills and practices*** basic skills of navigation: natural indicators of direction, using a map/chart to navigate and feature based navigation
* application of strategies in response to a range of situations in an outdoor adventure activity
 |  |
| 18 | **Safety*** definition of risk, adventure, peak experience, challenge, chance, competence, and danger
* simple risk assessment and management models
* traffic light
* Smartmove
 |  |
| 19 | **Skills and practices*** roping skills relevant to the outdoor activity, basic outdoor first-aid and camping
 |  |
| 20 | **Planning*** aspects of expedition planning to assist in personal preparation
* pre-European and post-European history of the area
* features and relationships between parts of the natural environment
* weather information
* personal and group goals
* map showing route
* schedule
* equipment lists
* menu
* standard operating procedures
* minimum impact practices
* relevant environmental management plans of the area
* fitness preparation for outdoor adventure activity and expedition
* identification of fitness requirements
* fitness goals
* fitness program design
 |  |
| 21 | **Working with others*** assertion, cooperation and collaboration skills

**Personal skills*** time management and goal setting skills
 | **Task 5:**orienteering skills(7.5%) |
| 22 | **Leadership*** characteristics of designated, emergent, elected and shared leaders

**Personal skills*** time management and goal setting skills
 | **Task 6:**Bibbulmun Track expedition planner(15%) |
| 23 | **Leadership*** autocratic, democratic and abdicratic (laissez-faire) leadership styles
* purpose of an activity debriefing and what is expected of the participants
 |  |
| 24 | **Relationships with nature*** portrayals of nature culturally and in the media
* personal responses to risk in outdoor experiences
* role of technology in managing risk
* understanding the relationship between humans and nature through comparison with developing interpersonal relationships
* initial attraction
* acquaintance
* friendship
* intimate friendship
* ways in which humans value nature
 | **Task 7:**bushwalking skills(7.5%) |
| 25 | **The environment*** abiotic and biotic features of a local
* natural environment
* relationships between features within a natural environment
* synoptic charts and what they show
 |  |
| 26–27 | **Working with others** * group goals for an outdoor experience

**Personal skills*** use of a logbook/journal during an outdoor adventure experience
* participation in a debriefing session
 |  |
| 28 | **Relationships with nature*** application of the ‘Leave No Trace’ principles

**Environmental management*** introduction to conservation and biodiversity
* impact of humans on natural environments
* awareness of strategies used to manage specific environments
 |  |
| 29 | **Expedition**Bibbulmun Track(overnight expedition, self-sufficient) | **Task 8:** practical performance while on expedition(20%) |
| 30 | **Working with others*** introduction to group dynamics
* ground rules for effective group operation
 | **Task 9:** bushwalking logbook/journal(15%) |