**Sample Course Outline**

Outdoor Education

General Year 11

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# 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%) |