



Outdoor Education 11/12

Course Outline

Teacher: Mr. Soper

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Course website: <http://argyleoutdooreducation.weebly.com/>

Ministry curriculum links:

Grade 11: https://curriculum.gov.bc.ca/sites/curriculum.gov.bc.ca/files/pdf/10-12/physical-health-education/en_phe_11_oed.pdf

Grade 12: https://curriculum.gov.bc.ca/sites/curriculum.gov.bc.ca/files/pdf/10-12/physical-health-education/en_phe_12_oed.pdf

Course Description

Outdoor Education 11/12 is a senior Physical & Health Education elective available to students in grade 11 and/or grade 12. The Big ideas as developed by the Ministry of Education are as follows:

- Participation in outdoor activities allows for the development of skills in a complex and dynamic environment.
- Spending time outdoors allows us to develop an understanding of the natural environment.
- Participating safely in outdoor activities requires communication, teamwork, and collaboration.
- Participation in outdoor activities allows for the development of leadership skills that can be applied in a variety of contexts and environments

A particular emphasis will be placed on physical fitness, knowledge, and skills to participate safely and effectively in outdoor pursuits. Students will learn valuable survival and outdoor skills, develop leadership and teamwork skills, gain an understanding of environmental stewardship, and develop an appreciation for nature.

During class time, students will participate in a number of outdoor educational experiences and learn about active living within their natural surroundings. For example, hiking, team-building activities, and skill development in our nearby green spaces, parks, and trail networks. Students will be responsible to supply their own suitable outdoor clothing and equipment for class activities.

Students wishing to further explore and enhance what they learn during class time may have the opportunity to participate in a number of optional field trips, such as mountain biking, indoor rock climbing, snowshoeing, cross-country skiing, canoeing, stand-up paddle-boarding, as well as optional Fall and Spring camping field trips. Enhancements or optional field trips are offered at an added cost.

Assessment

- Participation, teamwork, leadership, and skill development: 60%
- Projects: 40%