**Area of Learning: PHYSICAL AND HEALTH EDUCATION — Outdoor Education Grade 11**

**BIG IDEAS**

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| 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 and ourselves. |  | Participating safely in outdoor activities requires communication, teamwork, and collaboration. |

**Learning Standards**

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| **Curricular Competencies** | **Content** |
| *Students are expected to be able to do the following:*  Outdoor activity skills and healthy living   * Participate in a variety of **outdoor activities** * Develop and demonstrate a variety of **skills for outdoor activities** * Monitor exertion levels and energy levels during outdoor activities * Monitor environmental conditions during outdoor activities * Explain **nutritional considerations** and other requirements for preparation for and participation  in outdoor activities * Explain how developing competence in outdoor activities can increase confidence and encourage lifelong participation * Understand their strengths and areas for growth   Social responsibility   * Plan and implement ways to reduce potential impacts of outdoor activities on the local environment * Demonstrate awareness of **cultural and place-based sensitivities** regarding the use of  outdoor locations   Collaboration, teamwork, and safety   * Collaborate with others in a variety of outdoor activities * Use applicable communication skills when interacting with others * Demonstrate appropriate responses to emergency situations during outdoor activities * Demonstrate responsibility for personal safety and the safety of others * Assess and manage risks during different types of outdoor activities | *Students are expected to know the following:*   * health benefitsof outdoor activities * outdoor activity knowledge and skills * **preparation** for outdoor activities * **environmental conditions** * First Peoples traditional practices and ecological knowledge related to activities in the local environment * the role of environmental awareness and stewardship in outdoor recreation and conservation * strategies for adapting and responding to changing conditions and emergencies * first aid skills for responding to emergencies * **communication in emergency situations** * management of group dynamics and conflict in an outdoor environment |

| **PHYSICAL HEALTH EDUCATION – Outdoor Education Curricular Competencies – Elaborations Grade 11** |
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| * **outdoor activities:** water-based, snow-based, land-based; in varied terrain and changing weather, temperature, and conditions * **skills for outdoor activities:** could include:   + stand up paddle (SUP) surfing: foot position and stance   + cross-country skiing: position and weight transfer while stopping   + biking: stopping under control * **nutritional considerations:** including food (e.g., food preparation, storage, and transportation; nutrition, foraging, cooking methods,  leave-no-trace principles, hygiene) and water (e.g., treatment, sources, management) * **Social responsibility:**   *Seven leave-no-trace principles:*   * + Plan ahead and prepare.   + Travel and camp on durable surfaces.   + Dispose of waste properly.   + Leave what you find.   + Minimize campfire impact.   + Respect wildlife.   + Be considerate of others. * **cultural and place-based sensitivities:** recognition and use of First Peoples territories; use of public land, private land, parks; land stewardship |

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| **PHYSICAL HEALTH EDUCATION – Outdoor Education Content – Elaborations Grade 11** |
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| * **preparation:**   + emergency plan   + route plan   + day plan   + equipment selection   + location choices * **environmental conditions:** adapting to changing weather, temperature, and other conditions * **communication in emergency situations:** different modes of communication: could include whistle and arm signals, arm and paddle signals,  radio, phone |