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

**BIG IDEAS**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 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**

|  |  |
| --- | --- |
| **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 EducationCurricular Competencies – Elaborations Grade 11** |
| --- |
| * **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
 |

x

|  **PHYSICAL HEALTH EDUCATION – Outdoor EducationContent – Elaborations Grade 11** |
| --- |
| * **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
 |