

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
<p><i>Students are expected to be able to do the following:</i></p> <p>Outdoor activity skills and healthy living</p> <ul style="list-style-type: none"> • 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 <p>Social responsibility</p> <ul style="list-style-type: none"> • 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 <p>Collaboration, teamwork, and safety</p> <ul style="list-style-type: none"> • 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 	<p><i>Students are expected to know the following:</i></p> <ul style="list-style-type: none"> • health benefits of 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

Curricular Competencies – Elaborations

- **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

Content – Elaborations

- **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