**Area of Learning: PHYSICAL AND HEALTH EDUCATION — Outdoor Education Grade 12**

**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, ourselves, and others. |  | 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. |

**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 and lead a variety of **outdoor activities**
* Develop and demonstrate a variety of **skills for outdoor activities**
* Monitor exertion levels and energy levels of themselves and others
* Monitor environmental conditions during outdoor activities
* Analyze and 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

Social responsibility* Plan and implement ways to **reduce potential impacts** of outdoor activities on the local environment
* Demonstrate and explain 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
* Demonstrate appropriate responses to emergency situations during outdoor activities
* Demonstrate responsibility for personal safety and the safety of others
* Anticipate and manage risks during different types of outdoor activities
 | *Students are expected to know the following:** **health benefits** of outdoor activities
* outdoor activity knowledge and skills
* **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 and strategies for responding to emergencies
* **communication in emergency situations**, including communication with emergency and rescue services
* management of **group dynamics and conflict** in an outdoor environment
* environmental stewardship for outdoor activities
* maintenance, use, and care of **equipment** for outdoor activities
* responsible use of the outdoor environment
* group management and leadership skills
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**Area of Learning: PHYSICAL HEALTH EDUCATION — Outdoor Education Grade 12**

**Learning Standards (continued)**

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| **Curricular Competencies** | **Content** |
| Outdoor leadership* Use applicable communication and **outdoor leadership skills** when interacting with others
* Communicate and collaborate effectively with others on expeditions, on teams, and in the community
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|  **PHYSICAL HEALTH EDUCATION – Outdoor EducationCurricular Competencies – Elaborations Grade 12** |
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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
	+ survival skills
* **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)
* **reduce potential impacts:**

*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
* **outdoor leadership skills:**
	+ Communication – could include being able to clearly communicate with their group and others, in a variety of settings and situations
	+ Thinking – could include enhancing quality of program for participants, managing group dynamics problem solving
	+ Personal and Social Responsibility – could include ensuring safety of self and others; appreciating, respecting, and preserving the natural environment
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|  **PHYSICAL HEALTH EDUCATION – Outdoor EducationContent – Elaborations Grade 12** |
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| * **health benefits:**

*Key question:** + How does spending time outdoors help improve my physical and mental well-being?
* **environmental conditions:** adapting to changing weather, temperature, and other conditions
* **strategies for adapting and responding:** decision-making, clothing choices, management of group needs
* **communication in emergency situations:** different modes of communication could include whistle and arm signals, arm and paddle signals, radio, phone
* **group dynamics and conflict:**

*Key questions:** + How can I support other leaders?
	+ How can leaders involve their group in their decisions?
* **equipment:** includingequipment for:
	+ food preparation and storage
	+ drinking water
	+ hygiene
	+ dealing with various environmental hazards (e.g., weather, wildlife, terrain)
	+ navigation
	+ communication
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