**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 |

**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 |  |

| **PHYSICAL HEALTH EDUCATION – Outdoor Education Curricular 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 Education Content – 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 |