**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
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