**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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