**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, 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

#### Curricular Competencies

**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

#### Content

**Students are expected to be able to do the following:**

- 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

**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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### Curricular Competencies

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<tr>
<th>Content</th>
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<tbody>
<tr>
<td><strong>Outdoor leadership</strong></td>
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<tr>
<td>• Use applicable communication and outdoor leadership skills when interacting with others</td>
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<tr>
<td>• Communicate and collaborate effectively with others on expeditions, on teams, and in the community</td>
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