

## 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	Content
<p><i>Students are expected to be able to do the following:</i></p> <p><b>Outdoor activity skills and healthy living</b></p> <ul style="list-style-type: none"> <li>• Participate in and lead a variety of <b>outdoor activities</b></li> <li>• Develop and demonstrate a variety of <b>skills for outdoor activities</b></li> <li>• Monitor exertion levels and energy levels of themselves and others</li> <li>• Monitor environmental conditions during outdoor activities</li> <li>• Analyze and explain <b>nutritional considerations</b> and other requirements for preparation for and participation in outdoor activities</li> <li>• Explain how developing competence in outdoor activities can increase confidence and encourage lifelong participation</li> </ul> <p><b>Social responsibility</b></p> <ul style="list-style-type: none"> <li>• Plan and implement ways to <b>reduce potential impacts</b> of outdoor activities on the local environment</li> <li>• Demonstrate and explain awareness of <b>cultural and place-based sensitivities</b> regarding the use of outdoor locations</li> </ul> <p><b>Collaboration, teamwork, and safety</b></p> <ul style="list-style-type: none"> <li>• Collaborate with others in a variety of outdoor activities</li> <li>• Demonstrate appropriate responses to emergency situations during outdoor activities</li> <li>• Demonstrate responsibility for personal safety and the safety of others</li> <li>• Anticipate and manage risks during different types of outdoor activities</li> </ul>	<p><i>Students are expected to know the following:</i></p> <ul style="list-style-type: none"> <li>• <b>health benefits</b> of outdoor activities</li> <li>• outdoor activity knowledge and skills</li> <li>• <b>environmental conditions</b></li> <li>• First Peoples traditional practices and ecological knowledge related to activities in the local environment</li> <li>• the role of environmental awareness and stewardship in outdoor recreation and conservation</li> <li>• <b>strategies for adapting and responding</b> to changing conditions and emergencies</li> <li>• first aid skills and strategies for responding to emergencies</li> <li>• <b>communication in emergency situations</b>, including communication with emergency and rescue services</li> <li>• management of <b>group dynamics and conflict</b> in an outdoor environment</li> <li>• environmental stewardship for outdoor activities</li> <li>• maintenance, use, and care of <b>equipment</b> for outdoor activities</li> <li>• responsible use of the outdoor environment</li> <li>• group management and leadership skills</li> </ul>

**Learning Standards (continued)**

<b>Curricular Competencies</b>	<b>Content</b>
<p><b>Outdoor leadership</b></p> <ul style="list-style-type: none"><li>• Use applicable communication and <b>outdoor leadership skills</b> when interacting with others</li><li>• Communicate and collaborate effectively with others on expeditions, on teams, and in the community</li></ul>	