

Outdoor Education 1 Winter

Snow Sports and Caving (Year 9 only)

Australian Curriculum Learning Area:	Health and Physical Education
BHS Faculty:	Health and Physical Education
Year Group/s:	9
Semester/s Offered	Semester 2



Unit Description

Outdoor Education gives students the opportunity to learn unique and specific skills facilitated by the outdoor environment. Through a variety of outdoor pursuits, students develop their social skills, gain self-confidence, use initiative, provide leadership, and collaborate with others. Understanding nature through direct experience, students develop an adventurous spirit and learn the value of lifelong outdoor recreation in a safe and enjoyable way. Activities for this Semester may include: Snow sports - Snowboarding and Skiing and Caving.

Relevant AC Content Descriptions

- Applies and transfers movement concepts and strategies to new and challenging movement situations
- Applies decision-making and problem-solving skills when taking action to enhance own and others' health, safety and wellbeing
- Works collaboratively to design and apply solutions to movement challenges

Major Excursions:

- 3 day Snow Sports camp - Thredbo/ Perisher/ Kosciuszko National Park (approx \$1000)
- 1/2 day Caving trip - Wee Jasper (approx cost \$100)

Major Assessment Items:

- Theory and safety booklet (Snow, Caving)
- Snow Sports assignment
- Practicals
- Team building initiatives

Supports further study in the following Year 11/12 courses:

- Outdoor and Environmental Education (A/T/M/R) Offered at Hawker College

