

Part I: Course Information Overview

Course Title: Adventure Education	Content Area: Physical Education	Grade Level: 9-12
Course Description: This course is designed to help students: ● Investigate the greater world around them ● Analyze their ability to problem solve ● Connect with fellow students and teachers in an adventure based setting ● Challenge themselves by choice in an adventure based setting ● Engage in activities that they would never attempt on their own ● Earn physical education credits towards graduation		
Unit Activities and Additional Course Information: <i>Big Ideas Addressed in the Course</i> Additional Course Information Adventure Education is designed to give the students an opportunity to challenge themselves physically. They will also be faced with activities that will challenge them mentally, and allow them to overcome anxieties and fears. Once conquered, the students will feel a greater sense of being and accomplishment. Social emotional learning is front and center and intertwined with physical activities. Activities students will engage in: hiking, biking, kayaking/canoeing, ropes course, team building exercises, rock/wall climbing, cross country skiing, snowshoeing, ice skating, trail building, and various other activities.		Core Values (Habits of Mind/Transferable Skills) Addressed in the Course: <i>How does the course reflect the core values?</i> Core Values ● Respectful- Listening with Understanding and Empathy ● Responsible- Creating, Imagining, Innovating ● Resilient- Taking Responsible Risks