

What is Outdoor Education 1?

This is an introductory Outdoor Education unit, which aims to create a base of attitude, knowledge and skills necessary for the safe enjoyment of the outdoors. This semester students will be specifically studying roping safety and activities including rock climbing, abseiling and caving, wilderness first aid, and water based safety and activities including surfing, stand up paddle boarding and kayaking.

Please note: Outdoor Ed 1 does not count as a Health & Physical Education Class.



What do we learn?

This class has 2 major units of work: “Water” and “Land”. Each excursion links to these units, and are the way for students to put into practice the knowledge and skills they learn throughout the theory lessons. Wilderness safety and first aid principles are embedded into each of the 2 units throughout the semester.

Unit 1: “Water”

- Water safety
- Rip awareness
- Basic life saving skills
- Surfing, kayaking and stand-up paddle boarding skills
- Swimming practice at Canberra Olympic Pool
- 3 day coast camp

Unit 2: “Land”

- Rock climbing skills and abseiling skills
- Caving skills
- Belaying
- Minimising environmental impact
- Teamwork and cooperation
- Rock climbing day trip
- 2 day abseiling and caving camp

What will you gain?

Throughout this semester in OE1, you will be exposed to a variety of outdoor recreation activities and learn the skills needed to participate in them safely. You will participate in new experiences in the outdoors, and build closer friendships with your peers in a new setting. You will connect to nature and the environment and have the opportunity to break away from your everyday routine. You will learn how to surf, kayak, stand-up paddle board, rock climb, abseil and cave!!

“The greatest adventure is what lies ahead.” – JRR Tolkien

