Outdoor Education (Recreation) Level 1

Westland High School

Outdoor Education - Recreation (1000UEDR)

Course description:

This course is all about experiencing the fun, challenge, and teamwork that come with outdoor pursuits, tailored to a range of abilities. We explore our local surroundings through accessible day trips, including activities like kayaking, tramping, mountain biking, and rock climbing. These adventures allow us to observe and appreciate the natural environment close to home while developing group skills and supporting one another in a positive and inclusive atmosphere.

Credits available:

S	standard	Description	Int/Ext	Credits
2	0818	Demonstrate kayaking skills on flat or slow moving water.	I	2
9	0971	Take action to enhance an aspect of well-being	1	3
4	25	Experience day tramps	1	3
2	.0137	Mountain bike on easy terrain	1	1
2	.0138	Select, set up and maintain a mountain bike	1	3
2	.0152	Experience abseiling	1	1
2	.0210	Experience Rock climbing	1	1

Leads to:

NCEA Level 2 Outdoor Education (Recreation).

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