

What is Outdoor Education 2?

This is an advanced Outdoor Education unit, that builds on knowledge and skills students are developing for the safe enjoyment and pursuit of adventure in the outdoors. Successful completion of Outdoor Education 1 is required before applying for this elective. This semester, students will be studying safety, first aid, activity preparation, and teamwork and cooperation skills that underpin a variety of outdoor recreation activities. Throughout the semester, topics covered include: bushwalking, minimal impact practices, alpine responsibility, cross country skiing safety and technique, abseiling, canyoning, wakeboarding and white water rafting.

Please note: Outdoor Ed 2 does not count as a Health & Physical Education Class.



What do we learn?

This class has 3 major units of work: “The Bush”, “The Snow” and “The Mountains”. Each camp 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 units throughout the semester.

Unit 1: “The Bush”

- Lightweight hiking
- Bushwalking safety
- Minimising environmental impact
- Teamwork and communication in planning
- 3 day bushwalking camp

Unit 2: “The Snow”

- Temperature-related safety
- Alpine responsibility code
- Positive participation and teamwork in the wilderness
- Cross country skiing skills
- 3 day cross country skiing camp

Unit 3: “The Mountains”

- River crossing and whitewater safety
- Abseiling and canyoning
- Knee boarding and wakeboarding
- 3 day Blue Mountains camp

What will you gain?

You will gain a deeper understanding of the elements of safety and planning considerations across a variety of outdoor recreation activities. You will build on knowledge from OE1 to plan your participation in three 3-day camps in unique environments across NSW. You will develop closer relationships with your peers while learning about hiking, cross-country skiing, rafting, wakeboarding, abseiling and canyoning!

“In all things of nature there is something of the marvellous.” – Aristotle

