



The Summit Adventure Camp

Program Links to Curriculum

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This resource helps educators connect The Summit Adventure Camp experience to Australian Curriculum outcomes. Each section outlines how outdoor learning supports student development across multiple learning areas and General Capabilities.

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1. Introduction

The Summit Adventure Camp provides a comprehensive framework for experiential education, supporting the development of confident, capable, and connected learners. Our programs are intentionally designed to complement the *Australian Curriculum* by embedding outdoor learning experiences that enhance academic, social, and emotional growth.

Each Summit experience integrates curriculum outcomes with authentic, hands-on challenges that extend beyond the traditional classroom. Students develop essential 21st-century capabilities — including leadership, communication, problem-solving, and critical thinking — through guided adventure, teamwork, and reflection. These experiences help students make meaningful connections between theoretical learning and real-world application.

The Summit's outdoor learning model strengthens both individual and collective growth. Through interaction with the natural environment, students learn to collaborate effectively, manage risk, communicate under pressure, and build resilience. These competencies directly support the *Australian Curriculum General Capabilities*, particularly:

- Personal and Social Capability – developing self-awareness, empathy, and teamwork.
- Critical and Creative Thinking – fostering inquiry, reflection, and innovation.
- Ethical Understanding – encouraging responsible decision-making and leadership.
- Intercultural Understanding – promoting inclusivity, respect, and appreciation for diversity.
- Sustainability – cultivating environmental awareness and stewardship.

The Summit's programs are delivered through a structured learning framework aligned to key curriculum areas including Health and Physical Education, Humanities and Social Sciences, Science, Geography, and The Arts. This approach allows teachers to integrate outcomes from multiple subject areas while providing students with opportunities to develop transferable life skills such as leadership, resilience, and reflection.

Students are encouraged to apply **The Summit's Five Keys to Success:**

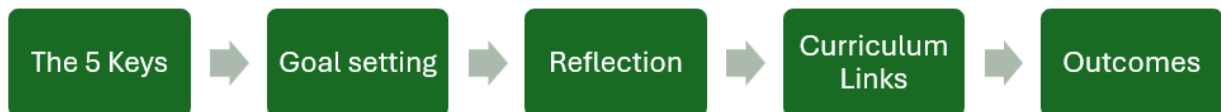
- **Have Fun,**
- **Play All In,**
- **Make Lots of Mistakes,**
- **Get Uncomfortable**
- **Don't Go Home Wondering "What If"**

These are used as guiding principles throughout their camp experience. These keys support metacognition and self-regulation by helping students set goals, monitor progress, and evaluate outcomes in both group and individual contexts.

Embedded within all Summit programs is the Target, Stretch, and Super Stretch goal-setting model — a progressive approach that empowers students to identify achievable objectives, push beyond perceived limits, and aspire to what once felt impossible. This structured framework builds confidence and ownership, supporting differentiated learning across all year levels.

Outdoor learning at The Summit develops strong connections between students, their peers, and the environment. It fosters essential lifelong attributes such as perseverance, adaptability, environmental awareness, and an appreciation for the value of challenge. Students leave The Summit not only with strengthened skills and knowledge but also with a deeper understanding of themselves as learners and contributors — equipped with strategies to succeed in school, in the workforce, and in life.

2. Summit Learning Framework



3. The Summit Learning Framework – Built on the 5 Keys to Success

The Summit Learning Framework is underpinned by The Summit's Five Keys to Success, which guide every experience and connect directly to the Australian Curriculum General Capabilities.

Each key helps students build confidence, resilience, and a growth mindset while encouraging collaboration, reflection, and personal responsibility.

Key	Learning Focus	Curriculum Connections
1. Have Fun	Engagement and joy as catalysts for curiosity and connection.	Personal and Social Capability
2. Play All In	Commitment, contribution, and collaboration to achieve shared success.	Ethical Understanding, Critical and Creative Thinking
3. Make Lots of Mistakes	Learning through reflection, adaptability, and persistence.	Health and Physical Education (HPE), Personal and Social Capability
4. Get Uncomfortable	Developing courage, confidence, and emotional regulation when facing challenge.	Health and Wellbeing
5. Don't Go Home Wondering "What If"	Ownership, purpose, and pride in effort and achievement.	Civics and Citizenship, Ethical Understanding

Together, these five keys form the foundation of The Summit's teaching and learning approach — encouraging students to take **positive risks, embrace failure as growth, and recognise that effort drives success.**

4. Goal Setting – Target, Stretch & Super Stretch

The **Target, Stretch, and Super Stretch** model provides a structured, age-appropriate method for helping students take ownership of their growth and celebrate success.

- **Target:** Achievable goals that build confidence, engagement, and early momentum.
- **Stretch:** Goals that extend students beyond their comfort zones and develop resilience.
- **Super Stretch:** Aspirational goals that challenge students to reach beyond what they thought possible.

This framework transforms each activity into a personal and team challenge. Students learn that growth is not defined by perfection but by effort, reflection, and courage. It directly supports *Personal and Social Capability* outcomes such as persistence, self-management, and reflective learning — empowering students to transfer these skills back into the classroom and beyond.

5. GMICs – Great Moments in Camp

At The Summit, recognition and reflection are essential parts of the learning process.

GMICs, which stand for *Great Moments in Camp*, are a Summit tradition that celebrates the positive actions, efforts, and attitudes of participants. Throughout each program, students are encouraged to notice the great things happening around them — acts of kindness, courage, leadership, or teamwork — and write them down to share with others.

This practice cultivates a culture of appreciation and connection, reinforcing the idea that everyone contributes to the group's success. By acknowledging and celebrating each other's achievements, students strengthen empathy, confidence, and self-awareness.

The GMIC tradition supports the *Australian Curriculum General Capabilities*, particularly:

- **Personal and Social Capability** – recognising strengths, showing empathy, and building positive relationships.
- **Ethical Understanding** – valuing fairness, respect, and responsibility.
- **Critical and Creative Thinking** – reflecting on what success looks like in oneself and others.

GMICs create a sense of belonging and community that extends beyond camp — empowering students to return to school with stronger self-esteem and a deeper appreciation for the power of recognition.

6. Morning Intentions, Gratitude & Facilitated Reflection

At The Summit, every day begins with **purpose** and ends with **reflection**.

Our approach to personal growth is woven through simple, structured practices that help students develop self-awareness, resilience, and emotional regulation — key elements of the *Personal and Social Capability* within the Australian Curriculum.

Morning Intentions

Each morning, students take part in a 15-minute guided session designed to help them decide *who they want to be* for the day ahead. This intentional pause encourages students to recognise that while they may not control every situation, they can always control how they respond. It fosters accountability, emotional awareness, and a sense of agency — empowering students to start each day with clarity and choice.

Gratitude Practice

Morning Intentions are paired with a short reflection on gratitude, where students identify three things they are thankful for. This practice has been shown to increase happiness, motivation, and connection. By acknowledging moments of appreciation — big or small — students strengthen positive mindset habits that contribute to both wellbeing and classroom engagement.

Facilitated Debriefs

Every Summit activity concludes with a facilitator-led debrief. These structured discussions are conducted by qualified Summit staff and are designed to reinforce safety, capture key learnings, and connect experiences to broader educational outcomes.

Through guided reflection and questioning, students identify what they learned, how they worked as a team, and how those lessons apply to school and life beyond camp.

Curriculum Links:

- Health and Physical Education (emotional regulation, personal safety, wellbeing)
- Personal and Social Capability (self-awareness, reflection, resilience)
- Ethical Understanding (decision-making, accountability, empathy)

7. Learning Through Experience

The Summit's activities are intentionally designed as **curriculum-connected learning experiences** that combine adventure with inquiry. Each challenge provides practical opportunities for students to apply classroom knowledge in authentic, real-world settings.

Curriculum Integration

- **Health and Physical Education (HPE):**
Activities such as **Monster course, Giant Swing, Flying Fox, Leap of Faith, and Sky Bridge** help students develop coordination, emotional regulation, and risk management skills.
Learning outcomes: teamwork, confidence, resilience, and self-belief.
- **Humanities and Social Sciences (HASS):**
Experiences like **Snowy River challenge & Orienteering and our many initiatives** foster leadership, decision-making, and ethical understanding.
Learning outcomes: collaboration, responsibility, and critical thinking.
- **Science and Geography:**
Through **nature walks, our recycling program, solar production, water conservation and small permaculture farm**, students (if requested) can explore natural systems, sustainability, and environmental interdependence.

Learning outcomes: scientific inquiry, sustainability awareness, and environmental literacy.

- **The Arts and Reflection:**
Reflective practices such as **Team Debriefs, Group cooperation, discussing strategy and leadership** support creative expression, emotional literacy, and communication skills.
- **Civics and Citizenship:**
Team-based initiatives like **The Monster Course, and Snowy River Challenge** promote fairness, contribution, and community responsibility.

Each activity is carefully designed to link physical experience with cognitive and social learning outcomes, providing meaningful opportunities for cross-curricular integration and assessment.

8. Curriculum Alignment Table

Summit Activity	Learning Area Links	General Capabilities Developed	Learning Outcomes
Flying Fox / Giant Swing / Leap of Faith / Sky Bridge	Health and Physical Education (HPE)	Personal and Social Capability, Critical Thinking	Builds courage, self-belief, coordination, and emotional regulation.
The Monster Course / /Snowy River /Challenge	HPE, Civics and Citizenship	Ethical Understanding, Personal Capability	Strengthens teamwork, leadership, resilience, and service to others.
Laser Skirmish / Team Initiatives / Scavenger Hunt	HASS, Civics and Citizenship	Intercultural Understanding, Ethical Understanding	Develops fairness, cooperation, communication, and inclusion.

Mud run / Orienteering Environmental Walks/ Night walks/ Camp fires	Science, Geography	Ethical Understanding, Critical Thinking	Fosters sustainability, inquiry, environmental awareness and respect for nature.
The Cave / High Wire / Summit Window	HPE, Health and Wellbeing	Personal and Social Capability, Ethical Understanding	Builds courage under pressure, problem-solving, and reflection.
Team Debriefs / Reflection/ Morning Intentions/ Gratitude	English, The Arts	Personal and Social Capability, Critical Thinking	Encourages self-expression, empathy, and communication.
Target–Stretch–Super Stretch Goal Setting/ Teamwork	HPE, Civics and Citizenship	Personal and Social Capability, Ethical Understanding	Promotes goal-setting, perseverance, and self-management.

9. Developing the Whole Learner

Every Summit experience builds more than skill — it develops character, empathy, and purpose. Through teamwork, reflection, and self-directed challenge, students strengthen the four key domains of growth:

- **Physical:** coordination, stamina, and confidence.
- **Cognitive:** problem-solving, curiosity, and creativity.
- **Social:** communication, teamwork, and leadership.
- **Emotional:** resilience, empathy, and self-regulation.

10. The Summit's Impact

Evidence consistently demonstrates that outdoor education enhances wellbeing, engagement, and academic success.

At The Summit, transformation occurs when a student conquers the **Leap of Faith**, completes the **Monster Course**, or supports a teammate to “**Play All In.**”

These are not just moments of adventure — they are moments of growth that cultivate confidence, courage, and connection for life.

We don't just run camps — we create experiences that change lives.