

## Outdoor Education

Outdoor Education is a NSW Department of Education Approved Elective Course

Course details are not included on RoSA

Course details are included on School Report

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This course is based on experiential learning and provides students with the opportunity to explore and gain a deeper understanding of their surroundings through participating in a wide range of outdoor experiences. Students will develop a range of interpersonal skills, self-management and specialised movement skills and work together to be active and safe in a variety of outdoor environments.

Through studying outdoor education, students will develop personal wellbeing and a sense of place and connection as a result of a greater understanding and appreciation of the local natural environment. Students learn skills that encourage them to minimise their impact on the environment and understand why this is so important. The course will prepare students for pathways into further high school studies and subsequent career pathways such as outdoor leadership and guiding, environmental planning and ecotourism.

### **The content is organised in modules reflective of five focus areas:**

- Outdoor activity and exploration skills
- Environmental awareness, conservation and sustainability
- Personal and social skills, growth and development
- Connecting with the natural environment
- Health, safety, and wellbeing in the outdoors

### **The outdoor education options offered will be chosen from the following modules:**

- Bushwalking, campcraft and navigation in the outdoors
- Water based activities, such as ocean swimming, snorkeling and beach activities
- Canoeing
- Environment and conservation
- Mountain biking and orienteering
- Building connection
- Climbing and rope activities
- Survival in outdoor environments
- Mental and physical preparation for the outdoors
- Snow Sports
- First Aid in outdoor environments
- Expedition preparation

Students will further have the opportunity to obtain their “Duke of Edinburgh” BRONZE Certificate as part of this course. Due to the nature of this course and the strong focus on practical application, movement and learning in outdoor environments, there will be several excursions and/or overnight camps as part of this course.

**Course Advisers:** Mrs R Mergel, Mrs S Dubois