

HSC outdoor recreation option

Experiential learning for Stage 6 PDHPE students

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For more information and bookings phone

1800 810 890

or email riverina@dsr.nsw.gov.au

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Students studying the PDHPE Stage 6 Preliminary Course explore aspects of their classroom learning at a Borambola Sport and Recreation Centre program.

Three days' camping at one of the centre campsites includes setting up camp, preparing meals on open fires, map reading and navigation instruction. There is also a range of outdoor challenge activities including abseiling, canoeing, kayaking, orienteering, initiatives course and high ropes.

It's the perfect setting to develop the skills and explore the concepts in Preliminary Option 4 – Outdoor Recreation. Most aspects of the module are included in the three-day program:

- Planning skills
- Resources for safe participation
- Campsite selection
- Conservation skills
- Navigational skills
- Skills for other outdoor activities
- Leadership styles
- Understanding group dynamics
- Facilitation skills
- Understanding strengths and weaknesses.

Teachers receive a pre-camp planning pack to help students prepare for their experience at Borambola. It provides an easy-to-use guide outlining relevant theoretical considerations, as well as information about the site, equipment and activities to allow for discussion and planning before arrival.

Sample program

Day One

- Arrival and lunch
- Set up camp according to predetermined plan
- Prepare meal as per plan
- Navigation skills workshop
- Night navigation session.

Day Two

- Outdoor activities (options include abseiling, canoeing, kayaking, high ropes, initiatives and orienteering)
- Campfire trivia and debriefing.

Day Three

- Outdoor activities
- Departure after lunch

Borambola Sport and Recreation Centre is a stunning environment for outdoor recreation and camping. Qualified, experienced instructors make the most of the opportunities for discussion and learning provided by the campout site. These include issues relating to indigenous and European history as well as the environmental and social issues surrounding recreation.

All food, camping and activity equipment is included in the price. The cost per student for 2007 is \$150.65.

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