

HSC outdoor recreation option

Experiential learning for Stage 6 PDHPE students

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.

Course outcomes

The Outdoor Recreation module covers the following learning outcomes from the PDHPE syllabus:

- P5 plans for and can implement actions that can support the health of others
- P10 develops plans for participation in physical activity to satisfy a range of individual needs
- P14 demonstrates the technical and interpersonal skills necessary to participate safely in challenging outdoor recreation activities
- P16 utilises a range of sources to draw conclusions about health and physical activity concepts
- P17 analyses factors influencing movement and patterns of participation.

Activity Options

A selection of these can be determined with the school depending on the needs of the participants.

Abseiling Centre instructors provide instruction in safety and correct techniques for students to abseil on the 10 metre tower.

Canoeing Students learn basic paddling techniques on Tarcutta Creek.

Kayaking Students learn basic paddling techniques on Tarcutta Creek.

High ropes Students are challenged by the seven elements of the high ropes course.

Orienteering Instruction in map reading, compass use and navigation. An orienteering course will then test practical knowledge and skills.

Initiatives Students in small groups work together with challenging scenarios to achieve solutions.

Navigation skills workshop Instruction in the fundamentals of navigation, including map reading, grid bearing, magnetic bearing, true north, measuring distance, route planning and natural navigation.

Celestial navigation workshop Students receive basic instruction in navigation utilising the night sky.

Campfire Opportunity for students to discuss issues and concepts related to course content, as well as debrief the experiences of the day.

First Aid Students have an opportunity for practical application of previously learnt first aid knowledge.

Trivia Opportunity for students to have fun with the knowledge and skills learned.

Night Walk See what comes out after dark. Students will explore their surrounds at night.

For more information and bookings phone

1800 810 890

or email riverina@dsr.nsw.gov.au

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Program overview

Program activities

Pre-Camp Planning

Groups will prepare plans for their outdoor recreation experience prior to camp. All relevant information and classroom suggestions will be sent to the organising teacher.

Syllabus items covered

Planning skills

- environment planning, eg. weather, venue
- safety risk management, eg. escape routes, first aid
- food and water considerations
- legal and administrative requirements, eg. permission, liaison with authorities

Resources for safe participation

- eg. water, tent, protective clothing
- effective use of resources

Campsite selection

- geographic, environmental and climatic considerations
- establishing the camp site (fireplace, waste disposal)

Set up and camp out

Following the group's plan, the campsite is set up and a meal prepared on arrival

Conservation skills

- 'leave no trace' camping
- minimal impact bushwalking
- ethical issues, eg. impact of activities on the environment

Orienteering

Navigation skills workshop

Celestial navigation workshop

Night walk

Navigational skills

- map reading
- grid bearing
- magnetic bearing
- true north
- measuring distance
- route planning
- natural navigation (using sun, stars)

Canoeing

Abseiling

Kayaking

High ropes

Skills needed for other outdoor activities relevant to the experience, for example:

- canoeing skills
- kayaking skills
- abseiling skills

Initiatives

Small group problem-solving activities facilitated by experienced instructors to highlight leadership, dynamics and communication themes

Leadership styles

- democratic
- laissez-faire
- autocratic
- strategic non-intervention

Understanding group dynamics

- stages of group dynamics (form, storm, norm, transform)
- conflict resolution
- team building
- cooperation
- trust

Facilitation skills

- communication skills
- decision making
- flexibility
- making judgements

Understanding strengths and weaknesses

- participant readiness
- self-efficacy
- balancing challenge and safety (challenge by choice, taking risks in bounds of competence)
- pushing the comfort zone

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