



HSC outdoor recreation options

Experiential learning for Stage 6 PDHPE students

Lake Keepit Sport and Recreation Centre

For more information

phone (02) 6769 7603 or email lake.keepit@communities.nsw.gov.au
www.dsr.nsw.gov.au/schools



Communities
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HSC outdoor recreation option

Students studying the PDHPE Stage 6 Preliminary Course explore aspects of their classroom learning at Lake Keepit Sport and Recreation Centre through the HSC Outdoor Recreation option.

Three days camping at varying Centre campsites includes setting up and packing up camp, preparing meals on open fires, map reading and navigation instruction. There is also a range of outdoor challenge activities including abseiling, canoeing, prussiking, orienteering, initiatives course, rock climbing and raft building.

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
- Emergency management skills
- Campsite selection
- Conservation skills
- Navigation 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 Lake Keepit. It provides a copy of the program after consultation with organising teachers 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 Camp Orientation
- Group organisation, preparation and lunch
- Embark on expedition, set up camp no.1 and risk assessment
- Activity – pack swim or submerging packs
- Activity – Raft Building with search and rescue scenario
- Night Session – Abseiling under lights

Day two

- Activity – Navigation session
- Activity – Rock climbing (team belay, single belay) and prussiking
- Lunch and pack up camp no.1
- Activity – Canoe expedition to camp no.2 Navigation exercise
- Activity – Optional scenario – Camp evacuation
- Night session – campfire trivia/damper

Day three

- Pack up site and return to base
- Outdoor activities – time permitting
- Debrief, lunch and depart

Lake Keepit 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 the Indigenous and European history as well as the environmental and social issues surrounding recreation.



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