

Outdoor Education 10

District Number: 98

School Name: FH Collins High School

Course Code: YPR 10B (aces),

Date Developed: January 2011

Developed by: BC School District #6 and written permission has been granted to use their template.

Principal's Name: Darren Hays

Board Authority Approval Date:

Board Authority Signature:

Course Name: Outdoor Education 10

Grade Level of Course: 10

Number of Course Credits: 4

Number of Hours of Instruction: 120

Prerequisites: None

Special Training, Facilities or Equipment Required:

- a) The instructor needs to be trained and experienced in outdoor skills including several of the following cycling, rock climbing, backpacking, fly fishing, canoeing, sea kayaking, telemark skiing, cross country skiing and snowshoeing, (other activities may be approved at a later date).
- b) Specialized equipment for each activity will be required and supplied for student and instructor use.
- c) Yukon Field Trip Policy- guidelines and procedures -will be adhered to especially regarding student demonstrated competence, supervision ratios and required certification of the instructor(s).

Course Synopsis:

This course provides an introduction to outdoor pursuits where students will participate in activities such as climbing, backpacking, cross country skiing, hiking, ocean kayaking, winter camping, biking, canoeing, orienteering and more. Students will learn about local plants, animals, First Nations and Pioneer culture and history in order to develop perspectives on the environment and conservation issues.

Students who successfully complete the Outdoor Education 10 course will;

- a) Acquire a variety of outdoor skills including First Nations based technologies which they will be able to use for the rest of their lives both recreationally and in outdoor employment related fields.
- b) Develop an appreciation of the history and culture of the Yukon by travelling traditional trade and First Nations routes, using traditional forms of transport and traditional camping skills.
- c) Develop an understanding of the traditional territories of Yukon, BC and Alaska First Nations as well as the modern implications of land use in these territories.
- d) Develop an understanding of the environment and environmental issues by spending time living in and studying in the outdoors.
- e) To improve their overall physical condition through regular daily fitness activities which are part of the program.

Rationale:

Students will develop skills, attitudes and knowledge through a variety of learning opportunities that will support youth leadership and environmental stewardship. Students will also be able to better assess hazards in the outdoor environment with the knowledge and experience gained.

This program also addresses a variety of important issues facing Canadians.

- a) People are living longer and have more free time. It is important that they are equipped with the skills to make positive use of that time. Skills they learn in this program will be lifelong and can enhance quality of life.
- b) Our society is facing a number of medical crisis including such things as heart disease, diabetes and high blood pressure. To combat this epidemic people need to be able to participate in lifelong aerobic activities. In this course they will learn techniques to successfully and safely take part in such activities as hiking, canoeing, snowshoeing, cycling and cross-country skiing. All of these activities promote long-term health and physical well being thus reducing the strain on the medical system and increasing a persons productivity within our society.
- c) Recreating in the wilderness is a large part of the private and commercial lives of many Yukoners. This program will provide students with the knowledge and skills required to participate in such activities safely and with minimal impact to the environment.
- d) Through visits to sites of historic and cultural interest it is hoped participants will develop a greater appreciation for, and understanding of the local First Nations and those who were the pioneers in this area.
- e) Through travelling and living in the outdoors students will gain a better understanding of both local and global ecology.
- f) Activities will be designed to provide enrichment of other subject areas. Specifically Science 10, Social Studies 10 and Physical education 10.

Organizational Structure:

Leadership and Community Skills	50 Hours
Practical Outdoor Skills	50 hours

Total Time: 100 hours

Topic Descriptions:

Leadership and Community Skills

Ecological Outdoor Living

- Introduction to the 6 Leave No Trace concepts with on going evaluation during outings and trips will be the basis of evaluation.
- Dressing for the outdoors, dealing with appropriate clothing selection for each season and outing.
- Expectation that students will come prepared to participate in outdoor activities everyday of the program. Evaluation based on preparedness for daily activities and trips. Note: Students who may not have access to appropriate gear from home will be issued necessary gear from the school.
- Bear Awareness involves a visit from a specialist and a video on the issue. Instruction on how to prepare and transport food and other materials which may attract bears. Instruction on how to dispose of materials while on trips which may act as bear attractants.
- Introduction to common First Aid scenerios for example cold related conditions and injuries such as hypothermia, frost bite and trench foot. What they are, their causes, avoidance and how to treat them. Also including observing yourself and others looking for early warning signs.
- Menu Planning and Nutrition. Lectures on nutrition and how to do a proper menu plan for each of the four major trips. Demonstration meal showing students how to transport and subsequently prepare a group meal. Practice session on using Trangia stoves.
- Trip Journals completed daily including weather observations for the data, campsite data, flora and fauna observations, Creative activities, specific questions on the area and some reflective writing. Evaluated at the end of each day.

Leadership and Teamwork

- Students will demonstrate leadership and team skills in the following areas: expedition trips, judgement and decision making, team building, problem solving, self-confidence, motivation, competence and self-awareness
- Students will be proficient at all aspects of camp set-up including summer and winter tents, cabin use, tarps and shelters, kitchen areas and gear storage.
- Students will actively cooperate in group activities such as food preparation, camp clean-up, shelter building and survival practice
- Students will participate and practice inclusiveness in all activities
- Students will plan and lead the class in activities

Local Natural History

- Students will have an understanding of local wildlife including the interrelationship of wildlife and humans from conservation to First Nations implications and uses.
- Students will understand how to protect themselves in bear country.
- Students will be able to identify common species of plants including First Nations uses for the

- plants.
- d) Students will present information collected on local plants and animals
 - e) Students will have an understanding of the general geology and the geomorphology of the area, especially the region surrounding Whitehorse.

Practical Outdoor Skills

Cycling and cycle touring

- a) Students will have an understanding of bicycle safety and traffic rules and will be able to ride safely in a group in town, on the highway on back roads and on trails.
- b) Students will be able to perform routine minor bike maintenance including drive train lubrication, tire inflation setting seat height.
- c) Students will be able to perform a routine pre ride inspection to ensure that the bike is safe to ride.
- d) Students will be able to pack a bike for touring
- e) Students will be able to perform basic cycling skills such as mounting and dismounting, breaking, counter touring, shifting gears and riding in a group.

Canoeing and/or Sea Kayaking

- a) Students will master basic paddle strokes
- b) Students will learn and follow water safety rules for both lake, ocean and river paddling
- c) Students will understand boating safety requirements and select an appropriate sized PFD and wear it correctly. Students will demonstrate appropriate rescue techniques on the water.
- d) Students will be able to appropriate outfit and back a canoe or kayak for a multi-day paddling trip.

Cross-country Skiing, Telemark Skiing & Snowshoeing:

- a) Students will have knowledge of the skis/snowshoe and their parts including the origin of the items and in the case of snowshoes the connection to Yukon First Nations.
- b) Students will understand and practice proper ski technique as appropriate for the equipment in use.
- c) Students will be able to size and maintain the winter travel equipment.
- d) Students will be able to pack and use a pulk/sled in combination with a backpack at times for extended overnight winter travel.

Rock Climbing

- a) Students will understand the history of the sport of climbing. Including the background and uses for the necessary equipment.
- b) Students will learn many techniques for efficient and effective climbing and bouldering.
- c) Students will demonstrate competence in belay techniques, and possibly belayed rappelling techniques.
- d) Students will understand all aspects of safety and demonstrate safe behaviour in all climbing activities.

Instructional Component:

- Group instruction
- Direct instruction
- Individual instruction
- Modelling
- Guided practice
- Skill assessment
- Videos
- Demonstrating

Assessment Component:

Formative assessment, that will guide both student and teacher in terms of learning progress and next steps will be embedded throughout. This includes:

- communicating learning intentions
- using exemplars and criteria (and co-creating criteria with students) so students know where they are going with their learning and can assess themselves on their progress
- communicating specific descriptive feedback based on criteria
- opportunities for peer and self assessment
- supporting student ownership of learning

Evaluation will include:

Leadership and Community Skills	20%
Practical Outdoor Skills	20%
Trip Journals	50%
Initiative and Attitude	10%

Learning Resources:

Standard First Aid manual
Bear Aware Program
Plant and Animal Identification guides
Videos for various activities
Yukon wildlife publications
Equipments specific to each activity
First Nations' resource people
Other professionals, resource people and guest speakers

Additional Information:

This course is dependant on the lead instructor and environmental conditions and so the time line and topics will be flexible and covered when the optimal situation transpires.