

Outdoor Education General

Year 11 Course Code	GEOED
Year 12 Course Code	GTOED
Highly recommended	Interested in the natural world and outdoor pursuits
Pre-requisite	Students must be able to complete: <ul style="list-style-type: none">• 200m continuous swim• 5 metre deep water scull
Cost	\$250.00 (cost is approximate – subject to change)

Year 11 and 12 Course Overview

The Outdoor Education General course focusses on outdoor activities in a range of environments such as the contexts listed below.

The course provides students with an opportunity to develop essential life skills and physical activity skills. Students work towards a positive understanding and appreciation of environment, pursue personal interests and explore new activities.

The course content is delivered in three areas:

- Outdoor experiences
- Self and others
- Environmental awareness

Year 11 Course Structure

Unit 1 - Experiencing the outdoors

Students are encouraged to engage in outdoor adventures activities.

Unit 2 – Facing challenges in the outdoors

This unit offers the opportunity to engage in a range of outdoor adventure activities that pose challenges and encourage students to step outside their comfort zone.

Year 11 Outdoor Context

- Surfing
- Group Fitness
- Team Building
- Mountain Biking

Year 12 Course Structure

Unit 3 – Building confidence in the outdoors

Students understand planning and organisational requirements necessary for them to participate in safe, short-duration expeditions.

Unit 4 – Outdoor leadership

Students consider planning and organisational requirements necessary for them to participate in positive and safe, short-duration excursions/expeditions in selected outdoor activities.

Year 12 Outdoor Context

- Snorkelling
- Navigation/Orienteering
- Camp Cooking
- Rock Climbing