



# Outdoor Education

*The practical nature of outdoor education gives students the opportunity to learn through real life experiences. Students are given opportunities to participate in a variety of outdoor adventure activities providing them with the skills to manage risks and as well as to learn about protecting our natural world.*

## **Curriculum Overview**

Through the participation of Outdoor Education students focus on specific activities as a medium for development. By studying these units students gain skills in a variety of physical and outdoor activities and are able to further an understanding of what it means to not only enjoy the outdoors but protect it for sustainable use for the future.

## Course focus

### Years 8

Students in Year 8 focus on Canoeing and Rock Climbing. During these terms of work they develop high levels of proficiency in the activity through consistent participation and expert tuition. The school utilises a fleet of canoes and the dam on the school property to begin this tuition. Students are then guided through further trips on various parts of the Northpine river systems in order to be able to prepare for their full day expedition at the end of the term. Students not only learn about the physical nature of canoeing but also the minimal impact strategies needed to look after and understand the intricacies of the ecosystem they travel through. The Rock Climbing unit allows students the opportunity to develop the skills needed for safe participation in rock climbing and abseiling under the supervision of a qualified rock climbing instructor. Throughout the classes students are taught all aspects of belaying, knot tying and risk management. Students are able to utilise various elements of the school's facilities through the program with abseiling and rope activities on campus. Students are then able to further develop these skills through off campus trips at indoor rock climbing facilities and a rock climbing expedition to Mt Ngungun. The day trip allows students to tackle real rock faces with a level of challenge to suit all students' needs. Students are also given the opportunity to do a 45m abseil from the top of the mountain.

### Years 9

Students in year 9 are able to build on previously learnt skills in canoeing in order to plan for an implement an overnight expedition to the Upper Noosa River. Students complete a comprehensive portfolio outlining all the necessary information for planning, managing risk and developing the skills needed for this trip. Students further build on their skills throughout the trip where teamwork and resilience are developed through challenge and adventure activities. Student not only canoe on the expedition but they also have challenging hikes including climbing Mt Cooroora, a 439m peak. Students are also given the change to understand what "challenge" and "adventure" really are and how this contribute to an abundant life. Thlrough the "Adventure and Challenge" unit students further develop their navigational skills in order to complete both running and biking orienteering courses as well as a final day challenge at the end of the unit. Outdoor Education at Nothpine gives students opportunities outside the classroom to develop resilience, teamwork and problem solving skills that they cannot get in a typical educational setting, which produces higher levels of well-being and grit!



## Enquiries

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