



Board/Authority Authorized Course Framework Template

School District/Independent School Authority Name: Okanagan-Skaha School District 67	
Developed by: Mike Barron	Date Developed: March 2, 2018
School Name: Penticton Secondary	Principal's Name: Chris Van Bergeyk
Superintendent Approval Date (for School Districts only):	Superintendent Signature (for School Districts only):
Board/Authority Approval Date:	Board/Authority Chair Signature:
Course Name: Outdoor Recreation	Grade Level of Course: 10
Number of Course Credits: 4	Number of Hours of Instruction: 100-120

Board/Authority Prerequisite(s):

Special Training, Facilities or Equipment Required:

Search & Rescue Knowledge, audio - visual equipment, compasses, Global Positioning System devices, Snowshoes, and a wide variety of outdoor equipment, settings & resource individuals.

Course Synopsis:

Outdoor Recreation 10 is an introductory course that is designed to provide learners with an exposure to a variety of outdoor experiences through classroom and field instruction. Through this introductory experience, students will gain a basic understanding of the knowledge and skills that are required to continue to participate in outdoor recreational activities throughout their lifetime.

In this course, the class will learn through working together as a group to build trust and confidence in each other while appreciating the local environment. The class will participate in activities in a variety of outdoor settings and seasons unique to the South Okanagan-Similkameen areas.

Goals and Rationale:

This course has been developed to provide students with a preliminary exposure to outdoor recreational activities. An emphasis is placed on team-building activities, safety in the outdoor environment and the acquisition of skills and experiences in the outdoors. The students will be exposed to classroom instruction and a variety of experiences while building a lifelong appreciation for outdoor pursuits.

Students will be introduced to resource people in the community who are knowledgeable and skilled in particular outdoor activities.

Students are encouraged to take Outdoor Education 11 the following year so that they may learn advanced skills and techniques and receive certification for activities such as Boat Safety, First Aid & CPR, and Avalanche awareness/training.

Goals:

- Students demonstrate an understanding of team work, the need to work together for the benefit of the group and understand the need to rely on each other is very important
- Students will be introduced to the use of directional devices in both the classroom and in the outdoors. Map and compass work will be the primary focus with an introduction to GPS technology
- Students will demonstrate an understanding of survival theory and activities that will better prepare them for survival in the wilderness. As well, students will adopt a safe and confident approach when planning their outdoor pursuits
- Students will be able to use a variety of equipment necessary to safely explore activities in the wilderness such as hiking, camping, rock climbing, mountain biking, snowshoeing, cross country skiing, downhill skiing and snowboarding

Aboriginal Worldviews and Perspectives:

-Students will incorporate First Nations principles of learning into knowledge related to activities in the local ecosystems including Place Based Learning and respect for the local ecology and environment.

-Learning is experiential and involves an appreciation and understanding of self and well-being through experiences in the natural environment.

BIG IDEAS

Exposure to **Natural Environments** improves mental health and well being

Exposure to Outdoor Activities develops an **appreciation and respect** for the environment

Minimizing Risk in participation of Outdoor activities involves **teamwork, trust and collaboration**

Participation in Outdoor Activities develops positive **lifelong opportunities**

Learning is **experiential** through activity

Learning Standards

Curricular Competencies	Content
<p><i>Students are expected to do the following:</i></p> <p>Outdoor activity skills and healthy living</p> <ul style="list-style-type: none"> • Be introduced to a variety of outdoor activities • Introduce and begin to develop a variety of skills for outdoor activities • Monitor and be aware of environmental conditions during outdoor activities • Understand nutritional considerations and other requirements to prepare for and participate in outdoor activities • Experience how developing competence in outdoor activities can increase confidence and encourage lifelong active pursuits outdoors <p>Social responsibility</p> <ul style="list-style-type: none"> • demonstrate an ability to brainstorm and listen to everyone’s ideas. • demonstrate an understanding of team work and the need to work together for the benefit of the group. • demonstrate all aspects of safety guidelines for activities. • Plan and implement ways to reduce potential impacts of outdoor activities on the local environment • Demonstrate awareness of local cultural and environmental sensitivities regarding the use of various outdoor locations 	<p><i>Students are expected to know the following:</i></p> <ul style="list-style-type: none"> -knowledge, awareness and use of warm and cold weather survival techniques - knowledge and awareness of situations that can cause harm to individuals and groups in a variety of outdoor experiences -plan appropriate outdoor activities safely so that dangerous situations are avoided - how to use of signaling devices - how to use of compass and Global Positioning Systems - how to select proper outdoor clothing, footwear and equipment -understand the enemies of survival and defend against hyperthermia and hypothermia -how to take a compass bearing from a map -understand the parts of a compass -understand pacing and following a compass bearing - how to judge distance on a map using scale - understand contour intervals -understand the process of a global positioning device - how to set a simple course on the school campus -set up geocache sites -identify the components of survival psychology -understand and implement basic rock climbing commands

Collaboration, Teamwork, and Safety

- demonstrate an understanding of **cooperation** and **critical thinking** while participating in a set of activities designed for large groups in the outdoors
- Use applicable communication skills when interacting with others
- Demonstrate **creative thinking** when responding to emergency situations during outdoor activities
- Demonstrate responsibility for personal safety and the safety of others
- Assess and manage risks during different types of outdoor activities

- understand and demonstrate proper use of rock harnesses, **ATC devices** and **belay** technique
- understand the components of safe and effective planning for excursions into the outdoors
- construct proper shelters and fires
- be able to construct a survival kit
- demonstrate satisfaction and enjoyment of the outdoors through a process of planning, implementing and experiencing a variety of activities in the outdoors
- be able to use all equipment associated with trip navigation
- appropriately demonstrate a variety of techniques to achieve route navigation while hiking

Big Ideas – Elaborations

Natural Environments- A variety of terrains, weather patterns and local flora and fauna of which students will be exposed to

Teamwork/Collaboration- The ability to problem solve and cooperate in groups in complex and dynamic situations

Experiential - Learning takes place through participation in activities and is a lifelong process

Appreciation and Respect – Through exposure to various outdoor environments, social responsibility for the care and respect of environment is developed

Curricular Competencies – Elaborations

Co-operation- Success and enjoyment of outdoor activities involves working together effectively as a group

Creative Thinking- ability to devise new ways to carry out tasks, solve problems, and meet challenges such as in a survival situation

Critical Thinking- the ability to analyze information objectively and make a reasoned judgments in outdoor environments

Safety Guidelines-participation in outdoor activities carry inherent risk factors that must be understood to ensure a safe and enjoyable experience

Content – Elaborations

Global Positioning System (GPS)- A system of satellites, computers, and receivers that is able to determine the latitude and longitude of a receiver on Earth by calculating the time difference for signals from different satellites to reach the receiver

Survival Psychology- Biologically and evolutionarily, all negative, or distressing, emotions, like fear, disgust, or anxiety, can be thought of as “survival-mode” emotions: they signal to the body and brain that our survival and well-being may be at risk, and are specifically designed to motivate behaviors and bodily responses that can most effectively deal with those risks and threats

Geo-cache- in the activity or pastime of geocaching an item, typically a container holding a number of other items, that has been hidden at a location whose coordinates have been posted on the Internet

Contour Intervals- the vertical distance between the elevations represented by adjacent contour lines on a map

Belay-the securing of a person or a safety rope to an anchor point (as during rock climbing)

Hyperthermia- the condition of having a body temperature greatly above normal

Hypothermia- the condition of having an abnormally low body temperature, typically one that is dangerously low

ATC (Air Traffic Controller) – a mechanical piece of climbing equipment used to control a rope during belaying. These friction devices act as a brake so when a climber falls with any rope slack, the fall will be stopped

Recommended Instructional Components:

- direct instruction
- demonstrations
- video resources
- guest speakers
- group work
- field activities

Recommended Assessment Components: Ensure alignment with the [Principles of Quality Assessment](#)

Formative: Journals and self-reflection of various Activities

Trip Planning (Meal plans & Budget)

Peer-assessment and self-assessment

Daily Participation, positive classroom contributions and consideration of others

Summative: Knowledge Quizzes/Tests –Demonstrate learning outcomes that students KNOW and UNDERSTAND

(Rock climbing Commands Quiz, Orienteering Practical and Survival Theory Test)

Student demonstrations of ability showing knowledge and understanding (DO)

Oral-Response teacher/student conferencing

Learning Resources:

- guest instructors with expertise in relevant areas
- videos on related activities
- En'owkwin Centre
- Summerland Fish Hatchery
- articles and information related to outdoor recreation
- information produced by the B.C. Ministry of Environment, Land and Parks
- South Okanagan-Similkameen Stewardship Program
- South Okanagan-Similkameen Search and Rescue Handbook
- articles and information related to outdoor recreation
- information produced by the B.C. Ministry of Environment, Land and Parks
- Outdoor Safety and Survival - Province of British Columbia
- Wilderness Survival (2nd edition) – Gregory R. Davenport
- Ways of the Wild – Kevin Callan
- Wilderness Skiing and Winter Camping – Chris Townsend
- Way Out There, The Best of Explore – James Little
- Plants of the Southern Interior of B.C. – Parish Coupe Lloyd
- Animal Tracks of B.C. – Ian Sheldon and Tamara Hartson