



# CENTENNIAL REGIONAL HIGH SCHOOL

## COURSE OUTLINE 2023-2024

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**Subject:** Outdoor Education

**Level:** Secondary 5 (2 on 9)

### Course Description:

Outdoor Education is an introduction to a broad range of outdoor and environmental activities. The course puts emphasis on physical activities requiring wise and careful use of the natural environment. Through a variety of activities within and beyond the boundaries of the classroom, students will develop an awareness of the potential of the natural environment for lifetime outdoor pursuits in all seasons. It will be an adventure in excellence where the students can be challenged mentally, physically, socially, and culturally.

### Program Outline:

- To encourage students to discover the excitement and satisfaction of learning out-of-doors. Students will learn skills, gain knowledge, and develop attitudes that will prepare them for safe, challenging, and fun outdoor experiences.
- Students will gain a broader knowledge of ecological principals and their relationship to our quality of life.
- The students will develop new interests and skills, which will provide a basis for adopting a healthy and active lifestyle.
- To develop leadership and decision-making skills through participation, planning, and management of a wide variety of outdoor activities
- To maintain an above-average level of fitness while developing positive personal, social, and interpersonal relationships.

### Course Details:

The course curriculum will be accomplished through class work, outdoor field work, excursions to nearby parks. (To be eligible for excursions and field trips students must attend class regularly, complete assignments and behave in a respectful manner). The course is organized into units, each having specific goals, objectives, activities, and materials. Students will also share in the privilege of guest speakers, print materials and media related to various topics.

## Units of Study:

- Orienteering/ Amazing Race
- Hiking/ Camping
- Leadership Activities (i.e. Trip planning, In-class Presentation)
- Wilderness Rescue/ Survival Skills (First Aid, Knots, Compass, Shelter Building)
- Environmental Education
- Summer Sports (Cycling, Tennis)
- Water sports (Kayak, Canoe, Dragon boating, Aquatics, Scuba Diving)
- Winter sports (Skating, Snowshoeing, Broomball)
- Adventure Sports (Rock-climbing, Zip lining, Rafting)

## Term Evaluation Scheme:

20%- Written Assignments

20%- Skills

20%- Participation/ Cooperation

20%- Leadership Activities/ Group work

20%- Fitness

## Equipment and Materials:

Given the nature of the class, students are expected to be appropriately dressed for all classes, outdoor excursions, and field sessions. Therefore, they may require *warm and rainproof clothing, appropriate hand, head, and footwear.*

The following equipment is recommended for each student:

- phys.ed uniform
- notebook with lined pages
- raincoat (Waterproof)
- *warm* shoes and boots (Boots will be required during winter)
- tuque
- winter coat (ski or snowboard coat is acceptable)
- snow pants
- gloves or mittens
- “Long Johns” or base layer garment
- scarf
- backpack (day pack size)
- extra socks
- “Fleece coat” or sweater
- Sunglasses
- Bicycle (Hybrid or Speed Bike) if possible.

***\*Please note that every student is responsible for ALL classes missed and is required to communicate with their teacher ASAP for any work, information, and notes.***

***\*\*Please refer to the Faculty & Staff Directory at <http://www.crhs.rsb.qc.ca/> for your teacher's email/website address***