**BIG IDEAS**

* **Participation in outdoor activities allows for the development of skills in a complex and dynamic environment.**
* **Spending time outdoors allows us to develop an understanding of the natural environment and ourselves.**
* **Participating safely in outdoor activities requires communication, teamwork, and collaboration.**

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| **Outdoor education 10 Competency Power Standards** |
| 1. **PLANNING AND ORGANIZATION**  * Explain nutritional considerations and other requirements for preparation for and participation in outdoor activities. * Collaborate with others in a variety of outdoor activities. * Plan and prepare a dinner and dessert for a group. * Prepare a menu for an extended trip. * Organize personal  and group material daily while on trips. |
| 1. **SOCIAL RESPONSIBILITY**  * Plan and implement ways to reduce potential impacts of outdoor activities on the local environment * Demonstrate awareness of cultural and place-based sensitivities regarding the use of outdoor locations. * Understand the role of environmental awareness and stewardship in outdoor recreation and conservation. |
| 1. **RISK ASSESSMENT AND DECISION MAKING**  * Demonstrate responsibility for personal safety and the safety of others * Monitor exertion levels and energy levels during outdoor activities * Monitor environmental conditions during outdoor activities * management of group dynamics and conflict in an outdoor environment * Demonstrate appropriate responses to emergency situations during outdoor activities * Assess and manage risks during different types of outdoor activities |
| 1. **TEAMWORK AND COMMUNICATION**  * Use applicable communication skills when interacting with others * Management of group dynamics and conflict in an outdoor environment * Complete trip journal on a daily basis |
| **Outdoor education 10 Content Power Standards** |
| 1. **TRIPPING TECHNICAL SKILLS**  * Participate in a variety of outdoor activities * Develop and demonstrate a variety of skills for outdoor activities. * Explain how developing competence in outdoor activities can increase confidence and encourage lifelong participation * Understand their strengths and areas for growth. |
| 1. **CAMPING SKILLS**  * Set up and take down a tent and tarp * Start a fire * Set up and take down a group kitchen * Cook for a group of 20 people using the fire * Cook on the Trangia for a group of 2 * Develop habits to avoid animal attraction * Install a biffy area |
| 1. **ENVIRONMENTAL CONDITIONS**  * Observe environmental conditions. * Act upon changes in environmental conditions. * Read river features and make appropriate choices |
| 1. **FIRST AID AND EMERGENCY RESPONSE SKILLS**  * Learn basic first aid principles and when to call for an ambulance * Learn how to use the satellite phone and the InReach * Learn when an incident becomes an evacuation |
| **9. FIRST PEOPLES TRADITIONAL PRACTICES AND ECOLOGICAL KNOWLEDGE RELATED TO ACTIVITIES IN THE LOCAL ENVIRONMENT**   * Recognize First Nation traditional territories * Learn medicinal plant uses * Learn about First Nations ways of traveling and exchange routes |