**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.
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| 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.
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| 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
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| 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
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| **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.
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| 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
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| 1. **ENVIRONMENTAL CONDITIONS**
* Observe environmental conditions.
* Act upon changes in environmental conditions.
* Read river features and make appropriate choices
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| 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
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| **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
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