



GRADE 10

Outdoor Education

SD34 Abbotsford

This course is designed for students who enjoy, & desire, being active, but are tired of traditional physical education activities like: fitness testing, team sports, and shuttle runs to name a few. This course will focus on the concepts of engaging in lifetime sports (as opposed to competitive or pedagogical sports), combating stress related illness through leisure activities, and using adventure outings as motivation towards a healthy, active lifestyle.

Credits: 4

Approval Date: May 2018

Hours: 120

Trax Code: YPR

GOALS AND RATIONALE

Develop lifelong fitness skills, and improved health, while participating in lifetime sports. Increase awareness of and exposure to different lifetime sports. Make connections between physical activity and the reduction of stress. Engage students who do not normally actively participate in traditional physical education class because they do not see themselves as athletic. Increase enjoyment of physical activity in non-traditional ways.

BIG IDEAS

Leisure activities can help to combat stress related illness Adventure outings, as an alternative to traditional activities, can act as motivation towards a healthy active lifestyle Planning and implementing an outdoor adventure activity helps to foster a love of nature and leadership skills Experiencing a variety of activities helps one to choose those activities that one will participate in for a lifetime Safety is important when participating in outdoor leisure based activities

ADDITIONAL INFORMATION

Although the content and curricular competencies are similar to Outdoor Education 11 and 12, the levels of planning and the types of adventure activities has been tailored to has been tailored to this age group.