



**GRADE 10**

# Outdoor Leadership

## SD05 Southeast Kootenay

Outdoor Leadership 10 is intended to enthuse students with a love of the outdoors. The goal is to provide students with practical skills and knowledge of climbing, hiking, biking, outdoor survival and food preparation, safety, first aid, and provide opportunities to try new activities. This course will challenge students to be proactive by seeking their own opportunities for outdoor pursuits, as well as providing numerous opportunities for group activities. Outdoor Leadership will also provide s

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**Credits:** 4

**Approval Date:** Mar 2019

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**Hours:** 120

**Trax Code:** YPR

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## GOALS AND RATIONALE

Outdoor Leadership emphasizes and develops skills in a variety of enjoyable outdoor activities that promote lifelong healthy active living. Through participation in a wide range of outdoor activities and exposure to numerous outdoor surroundings, students will enhance their movements, competence, resilience, personal fitness, confidence and leadership skills. Students will continue to build their sense of self, interact positively with others, & develop their ability to think critically & creatively.

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## BIG IDEAS

Participation in outdoor activities allows for the development of skills in a complex and dynamic environment. Participating safely in group outdoor activities requires communication, teamwork, and collaboration. Experiencing a variety of activities helps one to choose those activities that one will participate in for a lifetime. Spending time outdoors allows us to develop an understanding of the natural environment and ourselves.

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## ADDITIONAL INFORMATION

Acknowledgement that First Peoples Principles of Learning will be considered when studying Outdoor leadership.