

# LISGAR COLLEGIATE INSTITUTE



**DEPARTMENT:** Physical Education

**COURSE NAME:** Outdoor Education

**COURSE CODE:** PAD 20

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## OVERVIEW

This course is designed to introduce you to, or better your skills in, some common outdoor recreational activities, at the same time as developing your leadership skills. Through various outdoor activities, you will have the opportunity to challenge yourself regardless of the level of ability you're starting with. The course is also designed to provide opportunities for you to develop a further appreciation of, and respect toward the natural environment. Finally, various topics in healthy eating, sexuality and substance abuse with respect to developing a healthy lifestyle will be discussed.

## COURSE CONTENT

The main outdoor activities you will be exposed to throughout this course are as follows:

- Multi-day Canoe Tripping
- Orienteering
- Mountain Biking
- Indoor Rock Climbing
- Cross Country Skiing
- Winter Camping and Snowshoeing
- Multi-day Hiking

A calendar with precise dates will follow. There may be minor additions to this list if time permits.

The Healthy Living aspect of the course will address the following topics:

- investigation of the impact of health issues while studying responsible sexuality and substance use and abuse
- demonstrate an understanding of strategies related to conflict resolution, anger management and mediation
- examine the relationship between healthy eating, physical activity and body image
- emphasize the continual development of age appropriate social and decision-making skills related to healthy eating and physical activity

## OVERALL CURRICULUM EXPECTATIONS

- Demonstrate personal competence in applying movement skills and principles.
- Demonstrate knowledge of guidelines and strategies that can enhance their participation in recreation and sport activities.
- Participate regularly in a balanced instructional program that includes a wide variety of physical activities that encourage lifelong participation.
- Demonstrate personal health-related physical fitness.
- Demonstrate responsibility for personal safety and the safety of others.
- Explain strategies to promote positive lifestyle choices and relationships with others.
- Demonstrate understanding of the factors affecting human sexuality as it relates to themselves and others.
- Demonstrate understanding of the issues and coping strategies related to substance use and abuse.
- Explain how healthy eating fits into healthy lifestyle.
- Identify ways of taking appropriate action in new situations based on knowledge of positive decisions related to healthy active living.
- Demonstrate understanding of conflict resolution, anger management, and mediation.
- Use appropriate social skills and positive attitudes when interacting with others.

## LEARNING SKILLS

The development of sound learning skills is essential to the success of our students. Teachers and students will work together to understand and further the development of student learning skills in the areas of initiative, work habits, organization, team work, and independent work. Teachers report on learning skills on the midterm and final report cards.

## ASSESSMENT METHODS

Please refer to the Lisgar Assessment and Evaluation Policy.

## EVALUATION

### Course Work (70%)

1. Application	65 %
2. Knowledge/Understanding	15 %
3. Communication	25 %
4. Thinking/Inquiry/Problem Solving	5 %

### Summative (30%)

1. Group trip planning project and final journal submission
2. Practical (multi-day hiking trip)

Summative Due Date(s):      1. Late May - Early June    2. Late April - Early May

### Exam (N/A)

## ATTENDANCE

If you are absent from class, you are expected to catch up what you missed and complete any relevant homework. When you return to class, you must show your teacher an Absence Verification Form.

If you know in advance that you will be absent for a test, please see your teacher **before** the scheduled test date to arrange an alternate time to write it.

If you are unexpectedly absent for a valid reason on the day of a scheduled test, please let your teacher know why. When you return to class, remember to show an Absence Verification Form from your homeroom teacher and a note from your parents indicating that they are aware you missed the test. An **unjustified absence** for a test may result in a **mark of zero**.

## SUPPLEMENTARY NOTES

Attendance is mandatory for the the in-class sessions. The purpose of in-class time is to prepare you for upcoming outings by learning the theory and safety behind the various activities involved. In addition, preparation for the trips is done during class time in your groups. **FAILURE TO ATTEND CLASSES WITHOUT LEGITIMATE REASONS WILL RESULT IN YOU NOT BEING ALLOWED TO ATTEND THE OUTING FOR WHICH WE ARE PREPARING.** Further absences may result in expulsion from the course.

Class time will take place in the morning, prior to the regular timetable of the school day.

Class days are:

1. Tuesday or Wednesday Morning (depending upon which section you are in)

7:30 am - 8:45 am

This time will be used for theory, written work, assignments, presentations and group work

2. Friday Morning (both sections)

7:30 am - 8:45 am

This time will be used mostly as a fitness class, to prepare you for upcoming trips and keep a good level of fitness during the year