

SOUTH CARLETON HIGH SCHOOL
Ottawa-Carleton District School Board
COURSE OUTLINE

PAD30 - Grade 11 Outdoor Education

Credit Value: 1 credit Hours: 110 Prerequisite: None

Course Description

PAD30 is a course designed to provide a progression for students coming from PAD20 OR as an entry level course for those senior students who may not have had the opportunity to take PAD20. The practical component of this course offers students the opportunity to build their skills in the following outdoor activities such as tandem flat water canoeing and related water safety skills, Individual & Group Menu Planning, Leave No Trace camping principles, Classical and Nordic cross country skiing, archery, hiking and orienteering. The theoretical component of this course introduces the following concepts as they relate to the Outdoor Environment. Concepts covered in class may include; Decision Making Skills, Minimizing Risk & Stress Management Techniques, Understanding Group Dynamics & Mental Well being as they relate to the Wilderness and Survival. Field Trips are integral component of this course and may run during the week and weekends. Overnight field trips are usually three days, two nights in length. Trips typically offered include day trips to Coyote Rock Climbing Gym, Bill Mason Centre, Mac Skimming, and Scuba. Overnight trips typically offered include Frontenac and Algonquin Provincial Park. Order and type of outdoor activities offered will vary from one semester to another.

Course Overview

| Strand | Curriculum Expectations |
|--------------------------|---|
| Physical Activity | |
| P1 | Demonstrate personal competence in applying movement skills and principles |
| P2 | Demonstrate knowledge of guidelines and strategies that can enhance participation in outdoor recreation activities |
| Active Living | |
| A1 | Participate regularly in a balanced instructional program that includes a wide variety of physical activities that encourage lifelong participation |
| A2 | Demonstrate personal health-related physical fitness |
| A3 | Demonstrate responsibility for personal safety and the safety of others |
| Healthy Living | |
| H1 | Identify and utilize resources to develop knowledge and understanding of outdoor activities and the wilderness environment |
| H2 | Demonstrate, in a variety of settings, the knowledge and skills that reduce risk to personal safety; |
| H3 | Describe the influence of outdoor settings and activities on mental well-being and overall well-being |
| Living Skills | |
| L1 | Use decision-making and goal-setting skills to promote healthy active living; |
| L2 | Demonstrate an understanding of stress, stress responses and stress management techniques in an outdoor setting |
| L3 | Demonstrate the social skills required to work effectively in groups and develop positive relationships with their peers |

Accommodations for Exceptional Students

The Outdoor Education Program makes every effort to accommodate the identified needs of exceptional (IPRC'd) students and will attempt to differentiate curriculum delivery methods, student modes of expression, and assessment methods as recommended by the student's individual education plan (IEP).

Career Planning

The Outdoor Education Program makes every effort to ensure that students are aware of career opportunities related to various fields of Outdoor Education under study, and describe the contributions of Outdoor Education Leaders, including Canadians, to those fields.

Evaluation

| Term Evaluations (70%) | Summative Evaluation (30%) |
|--|--|
| <p>Students will be evaluated according to the overall expectations of the Ontario curriculum.</p> <p><i>Assessment tools include both summative and formative tasks including but not limited to; tests/quizzes, assignments, projects, journal reports, reflections, skill based performance tasks and rich assessment tasks</i></p> | <p><i>Summative Tasks include but are not limited to; a overnight hiking/canoe trip(s), reflective essay, a rich assessment task.</i></p> <p><i>Summative evaluation will be completed before the exam period begins, summative dates will vary depending on term.</i></p> |

STUDENT RESPONSIBILITIES

1. Students are required to attend classes regularly, dress according to weather, maintain a positive attitude, to participate in physical activities to your fullest potential and submit all assigned work.
2. More information on South Carleton High School's policy on Assessment and Evaluation, on Academic Integrity, on punctuality, absenteeism and examinations can be accessed on our school website.