

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 physical education course which offers students the opportunity to experience outdoor course concepts such as tandem flat-water canoeing, nutrition, meal planning, Leave No Trace camping, classical & Nordic cross-country skiing, archery, hiking and orienteering. Compulsory field trips are integral components of this course and are two to four days in length, running during the week. Some enhancement trips are also offered, including rock climbing and cross country skiing in Gatineau Park. The order and type of outdoor activities offered will vary from one semester to another and are weather dependent.

Course Overview

Strand	Curriculum Expectations
Active Living	
A1.	participate actively and regularly in a wide variety of physical activities, and demonstrate an understanding of factors that can influence and support their participation in physical activity now and throughout their lives;
A2.	demonstrate an understanding of the importance of being physically active, and apply physical fitness concepts and practices that contribute to healthy, active living;
A3.	demonstrate responsibility for their own safety and the safety of others as they participate in physical activities.
Movement Competence: Skills, Concepts and Strategies	
B1.	perform movement skills, demonstrating an understanding of the basic requirements of the skills and applying movement concepts as appropriate, as they engage in a variety of physical activities;
B2.	apply movement strategies appropriately, demonstrating an understanding of the components of a variety of physical activities, in order to enhance their ability to participate successfully in those activities.
Healthy Living	
C1.	demonstrate an understanding of factors that contribute to healthy development;
C2.	demonstrate the ability to apply health knowledge and living skills to make reasoned decisions and take appropriate actions relating to their personal health and well-being;
C3.	demonstrate the ability to make connections that relate to health and well-being – how their choices and behaviours affect both themselves and others, and how factors in the world around them affect their own and others' health and well-being.

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).

Evaluation

Term Evaluations (70%)	Summative Evaluation (30%)
Students will be evaluated according to the overall expectations of the Ontario curriculum. 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	Summative Tasks include but are not limited to; overnight hiking/canoe trip(s), reflective essay, a rich assessment task. Summative evaluation will be completed before the exam period begins; summative dates will vary depending on term.
Key Evaluation Dates Outdoor Education Summatives will take place between Nov. 4-22, 2019 and Jan. 6-24, 2020 Absence from evaluations during these dates must be substantiated with a medical certificate or equivalent documentation as approved by administration.	

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.