

| | | Group One | Group Two | Group Three | Group Four | Group Five | Group Six |
|---|----|----------------------|-----------------|-----------------|-----------------|-----------------|-----------------|
| Day One Monday 14/10/19 | AM | Travel to Barrington | | | | | |
| | PM | Mountain Biking | Canoeing | Raft Games | Abseiling | Raft Games | Canoeing |
| Day Two Tuesday 15/10/19 | AM | Abseiling | Mountain Biking | Bushwalking | Raft Games | Bushwalking | Bushwalking |
| | PM | Canoeing | Abseiling | | Mountain Biking | | |
| Day Three Wednesday 16/10/19 | AM | Bushwalking | Bushwalking | Mountain Biking | Bushwalking | Canoeing | Abseiling |
| | PM | | | Abseiling | | Mountain Biking | Raft Games |
| Day Four Thursday 17/10/19 | AM | Raft Games | Raft Games | Canoeing | Canoeing | Abseiling | Mountain Biking |
| | PM | Return to School | | | | | |



Program Rationale

Bishop Druitt College
Year 9 Outdoor Education Program
14-17 October 2019

Canoeing – Barrington River

Students will canoe a Grade 1 section of the Barrington River between Rocky Crossing and Barrington River Lodge. Students will begin with a flat water session focused on basic skills before paddling downriver for white water excitement and intermediate skills development. Experienced canoeing instructors will teach basic white water skills, river safety and group management.

Abseil – Buchan Buchan

Students will have the opportunity to abseil down a 20m drop, accepting challenge and stretching their comfort zones. In addition to their self-challenge, they will have the chance to learn how to show support and encouragement for fellow students in times of difficulty. Time dependent, student will also have the opportunity to climb the face they have just abseiled down.

Hiking – Copeland State Conservation Area

Hiking through Copeland Tops State Conservation Area and the surrounding area students will encounter open woodlands, dry and wet rainforest. The walks are relatively short so the students will have time to develop intermediate navigation skills and an understanding of the environment. Each group will be split up into navigation teams, with each team taking turns in navigating to the next check point. This is a great low impact hike taking in 3 different forest types, scenic views and local history.

Mountain Biking – The Steps

Each student will undertake an onsite mountain biking session aimed at skills development and understanding. The trails are purpose built single track which specifically develops beginner to intermediate biking skills with challenges including drops, berms, table tops, log bridges and a pump track. Each group will have a specialist mountain bike guide to teach the students about bike care and safe riding in a bush environment.

Raft Games

Students will learn river safety and raft techniques while having fun with games designed to promote team work and leadership.

Educational Theme

The program revolves around community living. During expeditions, students are given responsibility for the group dynamic. BOE guides, along with teachers, are included in the group as active members of the small community and participate in all aspects of the program. The challenging and adventurous nature of canoeing, abseiling and hiking provides an experiential learning environment for the students, fostering the development of new skills, while reinforcing their own self-concept within the group.

Curriculum/ Program Objective:

These programs aim to:

- Promote increased self-esteem and confidence by providing an opportunity for physical and mental challenge.
- Develop and reinforce personal responsibility, group dynamics and community living skills.
- Teach and develop:
 - Basic canoeing, mountain biking, abseiling and hiking skills and safety techniques
 - Skills in preparing and planning an expedition including an introduction to a variety of expedition craft
 - Camp craft skills
 - Safe practices and habits in the outdoor environment
 - Group dynamics and problem solving skills in challenging situations
 - Community living and cooking skills
 - New recreational interests, skills and friendships
- Instil and encourage environmental awareness and sound environmental practices in the outdoors through an Australian Wilderness