

		Group One	Group Two	Group Three	Group Four	Group Five
<b>Day One</b> Monday 23/11/20	AM	Travel to Barrington				
	PM	Initiative Games				
<b>Day Two</b> Tuesday 24/11/20	AM	Bushwalking	Abseiling	River Restoration	Bushwalking	Canoeing
	PM	Bushwalking	River Restoration	Abseiling	Bushwalking	Canoeing
<b>Day Three</b> Wednesday 25/11/20	AM	Canoeing	Bushwalking	Bushwalking	Canoeing	River Restoration
	PM	Canoeing	Bushwalking	Bushwalking	Canoeing	Abseiling
<b>Day Four</b> Thursday 26/11/20	AM	Abseiling	Canoeing	Canoeing	River Restoration	Bushwalking
	PM	River Restoration	Canoeing	Canoeing	Abseiling	Bushwalking
<b>Day Five</b> Friday 27/11/20		Travel to School				



## **Program Rationale**

The Armidale School  
Year 7 Outdoor Education Program  
25-29 November 2019

### **Set up and Pack down camp**

These have been included as sessions in their own right to allow students time to learn the basics of camping. Their leaders will not only teach them how to set up and pack down their gear but also explain the health and safety reasons for the way this is done.

### **Initiatives**

Students will be guided through various initiative activities which will promote team work and communication. It will highlight individual and team strengths and weaknesses whilst showing the importance of group dynamics and commitments.

### **Canoeing – Barrington River**

Students will canoe a grade one section of the Barrington River between Rocky Crossing and The Laneway. 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. This session also includes a Rock Jump that allows students to explore nature's playground without specialist equipment.

### **Hiking – The Steps to Mount Prince Charlie**

Hiking through Copeland Tops to Mount Prince Charlie, students will encounter open woodlands, dry and wet rainforest, scenic views and local history. This walk is challenging but relatively short so the students will have time to develop 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.

### **Abseiling – The Steps**

Students will have the opportunity to abseil down an 8m 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.

### **River Restoration**

During this session students will be given the opportunity to remove invasive species and plant a tree in a local area in need of revegetation. In doing so, students will offset the carbon output of their camp and learn about the ecology of river systems and the importance of the riparian zone to a healthy river.

### **Educational Theme**

The program revolves around community living. 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 mountain biking and canoeing 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 hiking, abseiling and canoeing skills and safety techniques
  - 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