



Program Outline
Hunter Christian School
Year 8 Outdoor Education Program
23-25 March 2020

		Group One	Group Two
Day One	AM	Travel from School	
	PM	Flat Water Canoeing	
Day Two	AM	White Water Canoeing	Roping Challenge
	PM		Wildcraft
Day Three	AM	Mountain Biking	Initiative Games
	PM	Return to School	



Program Rationale

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Flat water canoeing – Rocky Crossing

Students will participate in a half-day session of flat water canoeing on the Barrington River. Instructors will teach students basic canoeing techniques and river safety before employing these skills in interactive games. Students will also have the opportunity to challenge themselves on the rock jump whilst their class mates cheer them on.

Canoeing – Barrington River

Students in Group 1 will paddle a grade one section of the Barrington River between Rocky Crossing and The Laneway. Students will begin with a short 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.

Mountain Biking – The Steps

Group 1 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.

Wild Craft

Students in Group 2 will participate in a variety of activities including interpretative bush meditation, making cordage and making fire. To become more aware of human impact on the natural environment through a range of exposures to settings that are completely untouched to those dramatically altered.

Roping Challenge

This session involves a variety of high rope activities designed to challenge student's co-ordination and balance. The activities also encourage students to support each other to achieve the desired outcomes.

Initiative Games

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.

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 the activities provide 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, wild craft and roping 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 experience