



Program Outline

Hunter School of Performing Arts

Yr.11 PDHPE Program

24-26 September 2018

		Group One	Group Two
Monday 24 September 2018	AM	Hiking Broadbent's Trail to The Steps	Wildcraft The Steps
	PM	Wildcraft The Steps	Hiking Broadbent's Trail to The Steps
Tuesday 25 September 2018	AM	Abseiling Buchan Buchan	Yoga (School led activity) Rocky Crossing
	PM	Mountain Biking The Steps	Abseiling Buchan Buchan
Wednesday 26 September 2018	AM	Travelling The Steps to School	Travelling The Steps to School

Bushwalking – Broadbent’s Trail to The Steps

Students will undertake a fully packed hike into their campground at The Steps. Students will need to take this activity into account when planning food and equipment to bring on camp. Hiking through Copeland Tops State Conservation Area and the surrounding area students will encounter open woodlands, dry and wet rainforest. The walk is 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, each team will take turns in navigating to the next check point.

Abseiling – 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, students will also have the opportunity to climb the face they have just abseiled down.

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.

Wildcraft

Students will participate in a variety of activities including interpretative bush food tour, improvised shelter building, making cordage and making fire. To become more aware of human impact on the natural environment through a range of exposure to settings that are completely untouched to those dramatically altered.

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 hiking, abseiling and mountain biking 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 mountain biking, abseiling, hiking and wildcraft 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