



Program Outline
Medowie Christian School
Year 8 Outdoor Education Program
9-11 March 2020

		Group One	Group Two	Group Three
Day One	AM	Initiative Games		
	PM	Mountain Biking	Raft Games	Roping Challenge
Day Two	AM	Wildcraft	Mountain Biking	Raft Games
	PM	Roping Challenge	Wildcraft	Mountain Biking
Day Three	AM	Raft Games	Roping Challenge	Wildcraft
	PM	Return to school		



Program Rationale

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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, allowing students to master these new skills.

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.

Mountain Biking

The purpose built mountain bike track at The Steps is designed to build skills in young riders. This session will focus on balanced riding position, effective braking, cornering and confidence.

Wildcraft

This session is hands on a allows students to master the skills of making fire and cordage while connecting with their natural environment and their place in it.

Roping Challenge

Students will have fun 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. They will also have the opportunity to assist in belaying their fellow students and practice roping skills.

Raft Games

In this session, students master the skills of manoeuvring a large inflatable raft through play and fun activities.

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, roping, wildcraft and paddling 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 mountain biking, roping, wild craft and paddling 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