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| **Plein-air/Outdoor education 9 Power Standards** |
| **BIG IDEAS*** Exposure to Natural Environments improves mental health and wellbeing.
* Exposure to Outdoor activities develops an appreciation and respect for the environment.
* Minimizing risk in participation of Outdoor activities involves teamwork, trust and collaboration.
* Participation in Outdoor activities develops positive lifelong opportunities.
* Learning is experiential through activity.
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| Student is able to: |
| 1. **PLANNING AND ORGANIZATION**
* Explain nutritional considerations and other requirements for preparation for and participation in outdoor activities.
* Plan and prepare a dinner and dessert for a big group.
* Make a meal plan and shopping list for extended trips in the backcountry.
* Appreciate the importance of and use of gear lists and clothing lists for extended trips in the backcountry.
* Organize personal and group material daily while on trips.
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| 1. **SOCIAL RESPONSIBILITY, SAFETY AND DECISION MAKING**
* Plan and implement ways to reduce potential impacts of outdoor activities on the local environment
* Understand the role of environmental awareness and stewardship in outdoor recreation and conservation.
* Behave like a positive young adult and deal maturely with challenges.
* Recognize First Nation traditional territories
* Learn medicinal plant uses
* Learn about First Nations ways of traveling and exchange routes
* Be oriented to surroundings (time and place)
* Observe and act upon changes in environmental conditions (self, others and gear).
* Demonstrate responsibility for personal safety and the safety of others
* Demonstrate appropriate responses to emergency situations during outdoor activities (creative thinking-critical thinking)
* Assess and manage risks during different types of outdoor activities
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| 1. **TEAMWORK AND COMMUNICATION including living in French**
* Collaborate with others in a variety of outdoor activities.
* Use applicable communication skills when interacting with others
* Demonstrate followership
* Demonstrate leadership through actions and through speech
* Complete trip journal on a daily basis
* Contribute to management of group dynamics and management of conflict in an outdoor environment
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| 1. **TRIPPING TECHNICAL SKILLS**
* Develop and demonstrate a variety of skills for outdoor activities.
* Explain how developing competence in outdoor activities can increase confidence and encourage lifelong participation
* Understand their strengths and areas for growth.
* Explain nutritional considerations and other requirements for preparation for and participation in outdoor activities.
* Collaborate with others in a variety of outdoor activities.
* Set up and take down a tent and tarp
* Set up and take down a group kitchen and shelter
* Safely start a fire in a variety of environmental conditions.
* Cook on the Trangia for a group of 2
* Develop habits to avoid animal attraction
* Understand and implement proper clothing strategies for a variety of backcountry activities in various seasons.
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