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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. |
| 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. |
| 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 |
| 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. |