

# Outdoor Adventure Education

Physical Education

Grade(s) 10th - 12th, .5 Credits

## Course Overview

Adventure Education offers students the opportunity to experience lifetime sports as they develop an appreciation of the outdoors. Warm weather activities may include hiking, biking, and fishing, out-door nutrition and cooking, using a compass, archery, canoeing and rock climbing. Cold weather activities may include cross country skiing, ice-skating, and outdoor survival challenges.

Adventure education is another strong component of this class with challenge activities that promote trust, problem-solving used to create the positive social climate needed for teamwork. A number of field trips are planned as they are an extension of what is learned in class. There are additional fees for field trips.

Timeframe	Unit	Scope And Sequence
		Instructional Topics
3 Week(s)	7 Stages of Adventure	1. Name Games 2. Ice Breakers 3. Communication 4. Problem-Solving 5. Trust 6. Low Elements 7. High Elements
3 Week(s)	Outdoor Games	1. Horseshoes 2. Norwegian Golf 3. Bocce Ball 4. Beanbag Toss 5. Washer Toss
3 Week(s)	Aerobic Activities	1. Bicycle Riding 2. Rollerblading/Rollerskating 3. Hiking
3 Week(s)	Outdoor Adventure Activities	1. Fishing 2. Archery 3. Orienteering 4. Camping 5. Outdoor Cooking
3 Week(s)	Winter Sports	1. Cross Country Skiing 2. Sledding/Snowboarding 3. Snowshoeing
3 Week(s)	Summer Sports	1. Team Sports 2. Individual Sports 3. Swimming

## Materials and Resources

Athletic Shorts  
T-shirt  
Athletic Shoes  
Towel

## Prerequisites

PE 9

## Course Details

**Unit:** 7 Stages of Adventure

**Duration:** 3 Week(s)

### Essential Questions

How will I keep myself safe while participating in physical activity?  
How can you become involved in physical activity in the community?  
How will getting along with others improve my quality of life?  
How are cooperation and teamwork related?

### Materials and Resources

n/a

**Topic:** Name Games

**Duration:** 1 Day(s)

### Description

See 7 Stages of Adventure Attachment

### Learning Targets

K - The students will be able to learn each others name and start to feel safe (physically and mentally) with their peers in class 100% of the time.

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**Topic:** Ice Breakers**Duration:** 2 Day(s)**Description**

See 7 Stages of Adventure Attachment

**Learning Targets**

R - The students will be able to apply names to faces and begin to get to know their peers better with at least 85% effort.

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**Topic:** Communication**Duration:** 2 Day(s)**Description**

See 7 Stages of Adventure Attachment

**Learning Targets**

R - The students will be able to demonstrate their understanding of the prior 2 stages to work together accomplishing 80% of the challenges at hand.

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**Topic:** Problem-Solving**Duration:** 3 Day(s)**Description**

See 7 Stages of Adventure Attachment

**Learning Targets**

R - Students will be able to breakdown what they have learned from the prior 3 stages to complete 80% of the challenges in the problem-solving stage.

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**Topic:** Trust**Duration:** 3 Day(s)**Description**

See 7 Stages of Adventure Attachment

**Learning Targets**

K - Students will be able to employ what they have learned from the prior 4 stages to complete 80% of the challenges in the trust stage.

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**Topic:** Low Elements**Duration:** Ongoing**Learning Targets**

S - Students will be able to synthesis what they have learned from the prior 5 stages to complete 80% of the challenges in the low element stage.

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**Topic:** High Elements**Duration:** Ongoing**Description**

Rock Climbing - We will only do this if a field trip is planned.

**Learning Targets**

S - Students will be able to synthesis what they have learned from the prior 6 stages to complete 80% of the challenges in the high element stage.

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**Unit:** Outdoor Games**Duration:** 3 Week(s)**Essential Questions**

How will I stay active 60 minutes a day?

What level of exertion should I be at when being active?

When doing low exertion activites how long should you stay active to equal out the 60 minutes of high exertion?

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## Materials and Resources

n/a

**Topic:** Horseshoes

**Duration:** 3 Day(s)

### Learning Targets

R - The student will be able to analyze and synthesis tactics and strategies to put themselves in a good situation and/or position for a game 80% of the time.

**Topic:** Norwiegan Golf

**Duration:** 3 Day(s)

### Learning Targets

R - The student will be able to analyze and synthesis tactics and strategies to put themselves in a good situation and/or position for a game 80% of the time.

**Topic:** Bocce Ball

**Duration:** 3 Day(s)

### Learning Targets

R - The student will be able to analyze and synthesis tactics and strategies to put themselves in a good situation and/or position for a game 80% of the time.

**Topic:** Beanbag Toss

**Duration:** 3 Day(s)

### Learning Targets

R - The student will be able to analyze and synthesis tactics and strategies to put themselves in a good situation and/or position for a game 80% of the time.

**Topic:** Washer Toss

**Duration:** 3 Day(s)

### Learning Targets

R - The student will be able to analyze and synthesis tactics and strategies to put themselves in a good situation and/or position for a game 80% of the time.

## Unit: Aerobic Activites

**Duration:** 3 Week(s)

### Essential Questions

How many beats per minutes should your heart be beating at rest, during activity and what's the max. heart rate on should have?  
How does long endurance activities help your heart?  
How does mental health improve physical health?

### Materials and Resources

n/a

**Topic:** Bicycle Riding

**Duration:** 5 Day(s)

### Learning Targets

S - The student will be able to use his/her balance and coordination to ride a bike through a couse without any falls 90% of the time.  
P - The student will be able to maintain their max. heart rate zone for 15 minutes while on a stationary bike machine.

**Topic:** Rollerblading/Rollerskating

**Duration:** 5 Day(s)

### Learning Targets

S - The student will be able to use his/her balance and coordination to skate through a couse without any falls 90% of the time.

**Topic:** Hiking

**Duration:** 5 Day(s)

### Learning Targets

P - The student will be able to hike for 3 miles within one class period.

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## Unit: Outdoor Adventure Activities

Duration: 3 Week(s)

### Essential Questions

- What are fun activities that still keep me active?
- How do other people help a person succeed?
- Why is social health important?

### Materials and Resources

n/a

#### Topic: Fishing

Duration: 3 Day(s)

### Learning Targets

- P, K - The students will be able to perform basic fishing fundamentals.

#### Topic: Archery

Duration: 3 Day(s)

### Learning Targets

- K, P - The students will safely be able to perform the fundamentals of archery.

#### Topic: Orienteering

Duration: 3 Day(s)

### Learning Targets

- P - Students will be able to find the start point and end point after a series of orienteering instructions at least 3 of 4 times.

#### Topic: Camping

Duration: 3 Day(s)

### Learning Targets

- K, P - In groups, students will be able to set-up a tent.

#### Topic: Outdoor Cooking

Duration: 3 Day(s)

### Learning Targets

- K, P - The students will be able to cook 2 different meals over a fire.

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## Unit: Winter Sports

Duration: 3 Week(s)

### Essential Questions

- How can you be active in winter just like we are in summer?
- What are some essential guidelines for winter activities?

### Materials and Resources

n/a

#### Topic: Cross Country Skiing

Duration: 5 Day(s)

### Learning Targets

- P - Students will be able to ski 50 yards.

#### Topic: Sledding/Snowboarding

Duration: 5 Day(s)

### Learning Targets

- P - Students will be able to sled or snowboard down a hill safely.

#### Topic: Snowshoeing

Duration: 5 Day(s)

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## Learning Targets

P - Students will be able to snow shoe 50 yards.

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## Unit: Summer Sports

**Duration:** 3 Week(s)

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### Essential Questions

- How can you adapt current sports to make them more enjoyable?
- How can you change rules and scoring to make a games more enjoyable?
- How can you change an individual sport into a team sport?

### Materials and Resources

n/a

## Topic: Team Sports

**Duration:** 5 Day(s)

### Learning Targets

K, S - Students will be able to adapt to a different task in a typical team sport.

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## Topic: Individual Sports

**Duration:** 5 Day(s)

### Learning Targets

K, S - Students will be able to adapt to different rules and scoring in different individual sports.

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## Topic: Swimming

**Duration:** 5 Day(s)

### Learning Targets

P - Students will be able to tread water for 1 minute.

K, S - Students will be able to perfrom a variety of swim functions during different pool games fro 20 minutes straight.

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