

ADVENTURE ACTIVITIES

TOPICS AND LEARNING OUTCOMES

Area of study 1: Adventure activities

Adventure activities provide students with the opportunity to develop personally, socially, and physically in a safe and challenging environment. Presenting the student with an element of adventure and challenge in a controlled environment can lead to the development of qualities such as self-reliance, self-confidence, responsibility, regard for others and respect for the environment. In this way, aspects of holistic development that are generally not emphasised in other areas of physical education can be addressed.

Adventure activities seeks to develop in the student:

- the skills and techniques which will facilitate enjoyable participation in adventure activities
- decision-making skills and leadership qualities, and awareness of positive group dynamics
- an understanding and appreciation of the need for environmental protection
- an awareness of personal safety and a basic knowledge of first aid with particular reference to the outdoors.

The areas of content identified below represent a proportion of the activities which might be included in a study of adventure activities. By presenting this area of study in this way, the intention is to render it as accessible as possible to schools, irrespective of particular school circumstances. The activities are viewed as representative of the area while not demanding a high level of resources or facilities. This approach does not preclude schools, if circumstances allow, offering other activities in the area of study of adventure activities. For example, objectives are provided in the *Teacher Guidelines* accompanying this syllabus for rock climbing/bouldering, hill walking, caving, snorkelling, surfing, kayaking, and dinghy sailing.

TOPICS

Orienteering	<ul style="list-style-type: none"> • recognition of symbols • orientation of the map • feature recognition • basic route planning • map memory • event organisation
Team challenge	<ul style="list-style-type: none"> • participation • planning • safety issues • effective communication • review
Camp craft	<ul style="list-style-type: none"> • construction of shelter • erecting/striking a tent • country code • safe practice • clothing and equipment • ropework

LEARNING OUTCOMES

On completion of this area of study, students should be able to

- **participate in a variety of adventure activities with a view to fostering a positive attitude towards further involvement**
- **achieve a level of technical competence commensurate with individual experiences and potential**
- **demonstrate an understanding of the need for safety procedures, both personal and group**
- **appreciate the necessity for appropriate personal equipment**
- **develop a respect for the natural environment with an understanding of important environmental issues**
- **demonstrate responsible personal and social behaviour in adventure activity settings**
- **reflect on and evaluate adventure experiences.**