



**Outdoor Education
Course Outline**
Fall 2016



"It is only in adventure that some people succeed in knowing themselves—in finding themselves."
--Andre Gide

Welcome to **Outdoor Education!**

You are about to become a part of a unique class in the Department of Kinetic Wellness at New Trier High School. Outdoor Education is a course for Junior and Senior students who want to try something new. It is a class that emphasizes working together with your classmates through adventure education activities. Trust and communication are stressed throughout the course in all units.

This class may be different than your past physical education experiences. Units include: kayaking, climbing, rappelling, camping skills, outdoor cooking, team initiatives, leadership, slack lining, skate boarding, vertical rescue, and Leave-No-Trace environmental education. There is no physical risk involved past the assumed risk taken in any normal physical activity. Safety is stressed extensively in all units.

There may be a time where you are physically or mentally challenged during this course. This will be directed in a positive way and be used to promote positive self-esteem and confidence. At no time will you be forced to do anything that makes you overly uncomfortable. The main requirement in this class is that you come every day with an **OPEN MIND**. You need to be willing to work with your class toward the common goal of learning new activities safely and accepting and valuing those individual differences among your classmates. We will strive to create an atmosphere that embraces, understands and celebrates the diversity among us. This will be created by the demonstration of respectful positive actions towards others.

There will be a 1 day excursion Fall Semester to Vertical Endeavors, an Indoor Rock Climbing Gym, to expand our climbing experience. More information about this trip will follow.

A three-day outdoor adventure experience will be offered during Spring semester. Space on this trip will be limited. If more than 25 students volunteer to participate on this expedition, spaces will be allocated by a lottery system. You will get more information and dates on this field experience later.

The dress for this class will be the same as other Kinetic Wellness classes with the exception of some units. Time allowance of classes will not always make changing beneficial to the activity involved. However, you will be expected to wear clothes and shoes to class that will enable you to perform the activities involved without harming the gym floors. I will always notify you as to what days we are changing in advance.

For some units in the course, you will be asked to bring in your own equipment such as... a bike, sunglasses, hat etc. If you are unable to bring in any equipment, arrangements will be made to accommodate this. **No one needs to buy equipment for this course.**

Outdoor Education Course Expectations:

Canvas:

We use Canvas as a way of extending our classroom outside the walls of New Trier. We require every student to use become familiar with our Canvas OE page so we can inform you about program changes and distribute materials. We utilize Canvas for assessments and progress reports. Treat these resources with respect. If you have any questions about your grade feel free to approach me at any time.

The Mobile Learning Initiative

Mobile devices, specifically iPads, may be used in this classroom for learning directly related to the course. At specific times, I may direct you to turn off and put away your device to focus your attention on the current classroom activity. Off task use or behavior that is detrimental to our learning environment will result in temporary loss of this privilege. A second offense will result in a call home and a meeting with the Adviser Chair.

Social Responsibility & Sportsmanship:

This is a Safe Zone. I believe it is crucial that we strive to provide an inclusive learning environment at New Trier and I hope you will each help me make that a reality in the classroom. That means that we will practice respect and courtesy for and toward each other at all times. The learning process at its best involves risk taking. To encourage risk taking, there will be no “put-downs” or disrespectful comments or gestures of any kind. Much fun will be had. Many experiences will be explored. The highest quality of learning will take place in our climate of respect.

Grading Percentages:

Active Engagement:	70%
Evaluations (Tests, Quizzes, & Reflections)	20%
Self-Evaluation (Unit Goals/ Class Goals)	10%

Written and Practical Skills Assessments:

- Assessments will include (usually through Blackboard) written tests, quizzes, journals, discussions and skill evaluations.

Bottom line: If you attend class prepared, pay attention and participate, you will be successful in your Outdoor Education experience.

Safety is a major issue in this class. Due to the activities offered in this course, it is imperative that all students follow the directions and act appropriately at all times. If any student at any time does not follow the rules so as to put him/herself or a classmate in danger, they will be asked to leave the class situation and then dealt with in an appropriate manner. Please sign below if you have read and understand the above information.



Student's Signature

Date

Parent's Signature

Date