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|  | Kinchant Dam Outdoor Education Centre High Ropes |
|  Activity Overview Years 7-10 |
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| **Activity Objective (Aim):** Students will participate in a high ropes activity to strengthen their understanding of the core focus objectives that align with the school’s chosen program.**Program Core Focus Objectives** |
| **Team Work****Cooperation**Negotiating**Participation**ReflectingGoal SettingHave Team Roles and Responsibility**Respect**Building TrustBeing reliableAccepting Diversity**Communication**Active ListeningSpeaking Clearly | **Leadership****Responsible**Being Accountable**Self-Confident**Knowing your strengths and WeaknessesHaving Courage to Take Control**Decisive**Being decisive**Resourceful**Being inclusive | **Resilience****Self Control**Avoid FrustrationControl their emotions appropriately**Optimism**Look at the bright sideHave a positive outlook Have a sense of self-belief and remind themselves of the things they can do **Adaptable** Think aheadDon’t blame othersSeek opportunities from failure**Perseverance** Give new tasks a go When something doesn’t work the first time give it another go (be flexible)Overcome obstacles **Support**Ask for helpBe trustworthy and dependable Take care of themselves and others, have social networks form where you can seek support |
| **Evidence of Learning:** |
| **Team Work**Students can* Negotiate their personal limits
* Make informed personal decisions
* Reflect on their personal experience
* Set goals to achieve greater personal targets
* Know their roles and responsibilities within the team
* Build trust amongst their group to ensure both physical and emotional safety
* Be trusted to complete their designated responsibilities
* Accept that different group members have different limitations
* Demonstrate purposeful listening
* Communicate effectively with team members
 | **Leadership**Students can* Think before they act
* Take actions to prevent or correct problems
* Accept responsibility
* Take care of their team
* Know what they are good at
* Know what they need help with
* Seek help from the right person
* Speak up when it is needed and listen all of the time
* Clearly understand the goal
* Collect all relevant information
* Consider the needs of the team
* Help people share their ideas
* Find relevant jobs for everyone involved
 | **Resilience**Students can* Identify situations that lead to stress
* Identify appropriate strategies to manage stress and regulate behaviour
* Implement appropriate strategies to manage stress and moderate emotions
* Understand the difference between appropriate and inappropriate emotions
* Understand the impact of their emotional responses on others
* Demonstrate appropriate emotions
* Identify situations where emotions can negatively impact on your actions
* Identify the positive in a given situation
* Perceive negative situations as opportunities for growth
* Reflect on smaller achievements rather than whether or not overall success was achieved
* Share achievements with others
* Use positive language to describe challenges
* Identify their own strengths
* Seek opportunities to develop strengths
* Use positive self-talk
* Set goals for personal learning
* Use a growth mindset
* Use prior knowledge to express possible solutions
* Determine what they want to plan for
* Identify previously learnt skills that could be used to reach a solution
* Identify and describe factors and strategies that assist in their learning
* Be accountable for their actions
* Seek solutions rather than blame
* Practise solving routine problems
* Learn from mistakes
* Analyse past attempts
* Predict the outcomes of personal and academic challenges by drawing on previous problem-solving and decision making strategies and feedback from peers and teachers
* Identify unfamiliar situations
* Undertake and persist with short tasks within the limits of personal safety
* Have the courage to try unfamiliar challenges
* Reflect on unfavourable outcomes to understand why results were not achieved
* Persist with tasks when faced with challenges
* Adapt their approach where first attempts were not successful
* Monitor and evaluate progress
* Seek and respond to feedback
* Analyse progress to reflect on possible solutions
* Devise strategies and formulate plans to assists in the completion of challenging tasks
* Identify situations that feel safe or seemingly unsafe, approaching new situations with confidence
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| **Curriculum Links: Teamwork, Leadership and Resilience** |
| **HPE** | **HASS** |
| ***Movement and Physical Activity***Evaluate and justify reasons for decisions and choices of action when solving movement challenges **(ACPMP087)**Use feedback to improve body control and coordination when performing specialised movement skills in a variety of situations **(ACPMP080)**Practise and apply personal and social skills when undertaking a range of roles in physical activities **(ACPMP086)**Develop, implement and evaluate movement concepts and strategies for successful outcomes with and without equipment**(ACPMP101)**Devise, implement and refine strategies demonstrating leadership and collaboration skills when working in groups or teams **(ACPMP105)**Transfer understanding from previous movement experiences to create solutions to movement challenges **(ACPMP106)*****Personal Social and Community Health***Investigate and select strategies to promote health, safety and wellbeing**(ACPPS073)**Analyse factors that influence emotions, and develop strategies to demonstrate empathy and sensitivity. **(ACPPS075)** Evaluate factors that shape identities and critically analyse how individuals impact the identities of others **(ACPPS089)**Propose, practise and evaluate responses in situations where external influences may impact on their ability to make healthy and safe choices **(ACPPS092)**Investigate how empathy and ethical decision making contribute to respectful relationships **(ACPPS093)** | ***Civics and Citizenship Skills***Appreciate multiple perspectives and use strategies to mediate differences **(ACHCS057)**Appreciate multiple perspectives and use strategies to mediate differences **(ACHCS071)**Account for different interpretations and points of view **(ACHCS098)** |
| **General Capabilities** |
| **Personal and Social Capability**  | **Critical and Creative Thinking**  |
| **Self-awareness**• Recognise personal qualities and achievements • Understand themselves as learners • Develop reflective practice • Recognise emotions **Self-management**• Express emotions appropriately • Develop self-discipline and set goals • Become confident, resilient and adaptable • Express emotions appropriately**Social awareness**• Appreciate diverse perspectives **Social management**• Work collaboratively• Make decisions• Communicate effectively  | **Inquiring – identifying, exploring and organising information and ideas*** Identify and clarify information and ideas
* Organise and process information
* Pose questions

**Generating ideas, possibilities and actions*** Seek solutions and put ideas into action
* Draw conclusions and design a course of action

**Reflecting on thinking and processes*** Reflect on processes
* Transfer knowledge into new contexts

**Analysing, synthesising and evaluating reasoning and procedures*** Apply logic and reasoning
* Evaluate procedures and outcomes.
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