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| Abseiling | Kinchant Dam Outdoor Education Centre  |
|  Activity Overview Years 7-10 |
| Image result for abseiling |
| **Activity Objective (Aim):** Students will participate in an abseiling activity session to strengthen their understanding of the core focus objectives that align with the school’s chosen program.**Program Core Focus Objectives** |
| **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 **Perseverance** Give new tasks a go Overcome obstacles **Support**Ask for help |
| **Evidence of Learning:** |
| **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
* Identify unfamiliar situations
* Undertake and persist with short tasks within the limits of personal safety
* Have the courage to try unfamiliar challenges
* 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
* Identify own strength as well as group strengths that can be useful in achieving goals
* Seek and respond to feedback
* Know who they can go to for help
* Ask an appropriate person for assistance
* Discuss elements of a task that they are unsure about
* Specifically articulate what they are seeking
* Identify positive ways to initiate conversations (interpersonal skills)
* Identify people and situations with which the feel a sense of familiarity or belonging
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| **Curriculum Links: Resilience** |
| **HPE** | **HASS** |
| Analyse factors that influence emotions, and develop strategies to demonstrate empathy and sensitivity. **(ACPPS075)**Practise and apply strategies to seek help for themselves or others **(ACPPS072)**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)** | Reflect on learning to propose personal and/or collective action in response to an issue or challenge, taking into account different perspectives, and describe the expected effects **(ACHASSI162)**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 **(ACHCS085)**Recognise and consider multiple perspectives and ambiguities, and use strategies to negotiate and resolve contentious issues **(ACHCS086)**Account for different interpretations and points of view **(ACHCS098)**Recognise and consider multiple perspectives and ambiguities, and use strategies to negotiate and resolve contentious issues **(ACHCS099)** |
| **General Capabilities** |
| **Personal and Social Capability**  | **Critical and Creative Thinking**  |
| **Self-awareness**• Understand themselves as learners • Develop reflective practice• Recognise personal qualities and achievements • Recognise emotions **Self-management**• Develop self-discipline and set goals • Work independently and show initiative • Become confident, resilient and adaptable• Express emotions appropriately**Social awareness**• Appreciate diverse perspectives **Social management**• Communicate effectively • Work collaboratively• Make decisions | **Inquiring – identifying, exploring and organising information and ideas**• Identify and clarify information and ideas • Organise and process information• Pose questions **Analysing, synthesising and evaluating reasoning and procedures**• Apply logic and reasoning• Evaluate procedures and outcomes**Generating ideas, possibilities and actions**• Consider alternatives• Seek solutions and put ideas into action• Imagine possibilities and connect ideas **Reflecting on thinking and processes**• Reflect on processes |