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| Abseiling | Kinchant Dam Outdoor Education Centre | |
| Activity Overview Years 7-10 | | |
| [Image result for abseiling](http://www.google.com.au/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=0ahUKEwiVh9zS2tTSAhUBf7wKHcM3DNEQjRwIBw&url=http://www.thetops.com.au/abseiling-tower&psig=AFQjCNE4R7iR57zdUi3hEDGnVKxSH85fSA&ust=1489536639261073) | | |
| **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 Frustration  Control their emotions appropriately  **Optimism**  Look at the bright side  Have 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 | | |
| **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 |