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|  | Kinchant Dam Outdoor Education Centre  Archery | |
| Activity Overview Years 7-10 | | |
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| **Activity Objective (Aim):** Students will participate in an archery activity 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  **Adaptable**  Think ahead  Don’t blame others  Seek 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 | | |
| **Evidence of Learning:** | | |
| **Resilience**   * 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 | | |
| **Curriculum Links: Resilience** | | |
| **HPE**    ***Movement and Physical Activity***  Use feedback to improve body control and coordination when performing specialised movement skills  [**(ACPMP080)**](http://www.australiancurriculum.edu.au/curriculum/contentdescription/ACPMP080)  ***Personal Social and Community Health***  Practise and apply strategies to seek help for themselves or others  **(ACPPS072)** | | **HASS**  ***Civics and Citizenship Skills***  Account for different interpretations and points of view **(ACHCS085)** |
| **General Capabilities** | | |
| **Personal and Social Capability** | | **Critical and Creative Thinking** |
| **Self-awareness**  • Recognise personal qualities and achievements  • Understand themselves as learners  • Develop reflective practice  **Self-management**  • Develop self-discipline and set goals  • Work independently and show initiative  • Become confident, resilient and adaptable  **Social management**  • Work collaboratively  • Communicate effectively | | **Inquiring – identifying, exploring and organising information and ideas**  • Identify and clarify information and ideas   * Pose questions   **Reflecting on thinking and processes**  • Reflect on processes  **Analysing, synthesising and evaluating reasoning and procedures**  • Apply logic and reasoning  **Analysing, synthesising and evaluating reasoning and procedures**  • Evaluate procedures and outcomes |