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| Ironman Challenge | Kinchant Dam Outdoor Education Centre | |
| Activity Overview Years 7-10 | | |
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| **Activity Objective (Aim):** Students will participate in an ironman challenge to strengthen their understanding of the core focus objectives that align with the school’s chosen program.  **Program Core Focus Objectives** | | |
| **Teamwork**  **Team Work**  **Cooperation**  Negotiating  Decision Making  **Participation**  Team Roles and Responsibilities  Goal Setting  Reflecting  **Respect**  Being Reliable  Accepting Diversity  **Communication**  Active Listening  Speaking Clearly | | **Resilience**  **Self Control**  Avoid Frustration  Control their emotions appropriately  Put off small short term gains to achieve greater long term goals  **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  **Support**  Ask for help  Be trustworthy and dependable  Take care of themselves and others, have social networks form where you can seek support |
| **Evidence of Learning:** | | |
| **Teamwork**  Students can   * Negotiate their personal limits * Make informed personal decisions * Make informed team decisions collaboratively * 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 | | **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 * Look at situations holistically * Identify opportunities for goal setting * Understand possible outcomes * Identify personal strengths and challenges * Make realistic assessments of personal strengths and abilities * Set goals appropriately taking into account timelines, abilities and possible setbacks * Reflect on personal strengths and achievements when assessing whether goals were met * Differentiate between long and short term goals * Identify benefits of achieving goals * 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 * 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 * Respond to the feelings, needs and interests of others * Be cooperative * Be sincere – say what you mean and mean what you say * Be reliable * Own up to mistakes * Describe factors that contribute to positive relationships * Identify and explain factors that influence effective communication * Describe characteristics of cooperative behaviour * Identify evidence of positive behaviour in group activities * Assess the extent to which individual roles and responsibilities enhance group cohesion and the achievement of personal and group objectives * Assess individual and group decision making processes |
| **Curriculum Links: Teamwork, Leadership and Resilience** | | |
| **HPE** | | **HASS** |
| Investigate the benefits to individuals and communities of valuing diversity and promoting inclusivity **(ACPPS079)**  Demonstrate and explain how the elements of effort, space, time, objects and people can enhance movement sequences  **(ACPMP084)**  Evaluate and justify reasons for decisions and choices of action when solving movement challenges  **(ACPMP087)**  Modify rules and scoring systems to allow for fair play, safety and inclusive participation  **(ACPMP088)**  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)**  Investigate how empathy and ethical decision making contribute to respectful relationships  **(ACPPS093)**  Develop, implement and evaluate movement concepts and strategies for successful outcomes with and without equipment  **(ACPMP101)**  Analyse the impact of effort, space, time, objects and people when composing and performing movement sequences  **(ACPMP103)**  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)**  Reflect on how fair play and ethical behaviour can influence the outcomes of movement activities **(ACPMP107)** | | Appreciate multiple perspectives and use strategies to mediate differences  **(ACHCS057)**  Account for different interpretations and points of view **(ACHCS085)**  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**  • 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  • Work independently and show initiative  • Become confident, resilient and adaptable  **Social awareness**  • Appreciate diverse perspectives  **Social management**  • Work collaboratively  • Communicate effectively  • Make decisions  • Negotiate and resolve conflict | | **Inquiring – identifying, exploring and organising information and ideas**  • Identify and clarify information and ideas  • Organise and process information  • Pose questions  **Reflecting on thinking and processes**  • Reflect on processes  **Analysing, synthesising and evaluating reasoning and procedures**  • Apply logic and reasoning  • Draw conclusions and design a course of action  • Evaluate procedures and outcomes  **Generating ideas, possibilities and actions**  • Seek solutions and put ideas into action   * Consider alternatives |