



Canterbury

Outdoor Education

Students in Years 3-11 at Canterbury actively engage in learning experiences outside the classroom, designed to challenge them physically, emotionally, and cognitively.

Through a sequential program, students are exposed to activities that aim to improve their emotional competencies, increase self-esteem and confidence, and develop understanding of their own personal limitations.

Outdoor education is explored in Wellbeing classes, Physical Education classes as well as 2-5 day outdoor education experiences.



As this is an important aspect of life at Canterbury, we will provide any additional support (staff or resources) to ensure every student's attendance.

YEARS 3 AND 4

This may be the first time many of these students have spent time away from home. For this reason they are accommodated in dormitories and have highly structured activities. These activities promote an enjoyment of the outdoors and help them to recognise their own and other people's emotions. Outdoor education for these students helps to build resilience through the shared experience of time away from home.

YEAR 5

While still predominantly dormitory style accommodation, outdoor education for these students begins to include more adventure learning. Students rotate between dormitory and base camping accommodation where they begin to learn the social and emotional skills necessary to become increasingly independent in the outdoors. Teamwork becomes more important, as does learning how to effectively communicate, whilst managing their own emotions.

YEAR 6

Becoming the leaders of Junior School engenders a sense of responsibility towards the school community. Within the outdoor education program, students will learn how to create a positive community environment. Through a range of increasingly challenging scenarios, students begin to reflect on being leaders and exploring the characteristics required for good role models.

YEAR 7

Students begin to spend more time learning the skills needed to thrive in the outdoors. The focus shifts to building positive relationships with self, peers, the environment and adventure. Personal and social competencies are explored as students begin to spend more time outdoors. Working in groups helps students obtain a greater understanding of environmental stewardship, ethical behaviours and intercultural understandings.

YEAR 8

As they mature, students move from dependence on others to greater independence. At this stage, their outdoor education experience equips them with critical thinking skills that will enable them to make informed decisions. An emphasis on challenging and acknowledging their limits will help students develop self-awareness and the value of human relationships.

YEAR 9

In this critical year, students will be encouraged to take on more responsibility. Their experiences are more expedition based, where students are taught the value of aligning their thinking processes with appropriate actions. Learning to identify risks in the environment, relationships, groups and their surroundings is a key focus, as is the encouragement of students to take responsibility for both themselves and others.

YEAR 10

Year 10 students are challenged by contributing to the design and coordination of their outdoor education program. With the emphasis on challenge by choice, students undertake a 5-day expedition that takes them on an adventure they will fondly remember for the rest of their lives.

YEAR 11

As a final outdoor education experience, students focus on leadership development, ahead of commencing their journey as leaders of the College. This is particularly important for students applying for formal leadership positions.



Year Level	Nights Out	Style of Camping	Focus	Emotional Development	Camping Skills	Venues Include
3	2	Dormitory	Enjoyment in the outdoors	Recognising my, and other people's emotions	Being comfortable in the outdoors	Year 3 Redland Bay
4						Year 4 Gold Coast
5		Base camping and dormitories	Independence and sense of self	Understanding and managing emotions	Setting up a base camp, sleeping outside	Years 5-9 Adventure Alternatives - Kenilworth or Woodford
6			Teamwork and social inclusion			
7		Base camping and overnight expeditions	Problem solving, resilience and initiative	Regulating emotions	Packing, cooking and travelling in the outdoors	
8						
9						
10	4	Remote wilderness expeditions	Self and team leadership	Regulating emotions	Expedition planning	Year 10 Sunshine Coast and various locations as determined by students
11	2	Dormitory	Teamwork and communication		-	Year 11 Emu Gully