



# Belconnen High School

## COURSE OUTLINE Semester 2, 2026

Course Title: **9 Outdoor Education**

Faculty: **Health and Physical Education**

Faculty Head: Graeme Budd

### Description of Course

Outdoor Education gives students the opportunity to learn unique and specific skills facilitated by the outdoor environment. Through a variety of outdoor pursuits, students develop their social skills, gain self-confidence, use initiative, provide leadership, and collaborate with others. Understanding nature through direct experience, students develop an adventurous spirit and learn the value of lifelong outdoor recreation in a safe and enjoyable way.

### Learning Outcomes

- Proposes and evaluates personal strategies to manage identities, emotions and responses to change
- Evaluates and refines their own and others' movement skills and performances, and applies movement concepts in challenging or unfamiliar situations
- Adapts and transfers movement strategies to unfamiliar situations to achieve successful outcomes
- Proposes and evaluates community-based physical activity interventions designed to improve the health, fitness and wellbeing of themselves and others
- Applies and evaluates leadership approaches, collaboration strategies and ethical behaviours across a range of movement contexts

### Materials Required

Students will have access to a google classroom where class tasks and assessment items will be displayed, therefore a device is required. The assessment dates for this subject will appear on the students google calendar. Students can refer to the BHS Study Skills Guide and the BHS website for assistance with assessment tasks. The Assessment and Reporting Policy is available on the school website. Items Required Chromebook or suitable device Notebooks, pencil case and equipment.

### Homework Required

Students will be expected to complete a variety of tasks outside of class time. This may include, teacher-set homework, research for tasks, revision for tests, review of class work and more.

### Assessment Schedule

|                              | Due Date   | % Weighting |
|------------------------------|------------|-------------|
| Snow Sports Assignment       | 20/09/2026 |             |
| Snow Sports Reflection/Diary | 12/09/2026 |             |
| Cycling Work Assignment      | 21/11/2026 |             |
| Strength & Conditioning      | 21/11/2026 |             |