

COURSE NUMBER: HS817
COURSE TITLE: Outdoor Education (P.E. 12)
COURSE LENGTH: Semester, One-half Credit
PREREQUISITE: None
GRADE LEVEL: 12

COURSE DESCRIPTION:

Outdoor education is a course that is offered for only seniors and will meet every other day for one block. All activities will be related to the outdoors in some way or another. Some of the units to be covered will be; First Aid & CPR, water safety & canoeing, archery, gun safety, trap shooting, orienteering, biking, hiking, camping, outdoor cooking, fishing, skiing, cross country skiing, sledding, and other outdoor games and activities. Some of the units from 10-11 Physical Education will be used throughout the semester. Appropriate physical education clothes are required for most units. If seniors can not work this into their schedule they will be allowed to take 10-11 Physical Education.

Seniors wanting two semesters of Physical Education must receive permission from department head. Seniors in a sport three seasons during the school year can choose not to take physical education. If the student discontinues participating in a sport before the end of a season, the student will be enrolled in physical education for the next semester. If the student discontinues participating in the sport during the spring season, he/she will be assigned to early bird physical education for the remainder of that school year. Since jazz band and show choir meet before school, students in both will not be required to take physical education during the school day if doing so would keep them from taking an academic course.

COURSE RATIONALE:

This course is designed to help students become educated in outdoor activities that they will be able to use throughout their lives.

METHOD OF INSTRUCTION:

Presentation is through lecture, demonstration, videos, and then class participation. Guest presenters will also be used along with many hands on activities

ASSESSMENT:

Pass/fail grades will be determined by attendance and participation.

CRITICAL OBJECTIVES:

The student will:

1. Gain knowledge of outdoor activities that are available to do throughout their life.
2. Know the rules of a variety of lifetime activities.
3. Take part and understand the safety precautions of each activity
4. Gain a sense of sportsmanship, self-confidence, teamwork, and an appreciation for the outdoors.
5. Learn an appreciation for proper care and use of equipment.