



Kalamunda Senior High School  
*An Independent Public School*

# Outdoor Adventure Program

"Not just an experience, an education"



*Learning - Respect - Resilience - Pride - Community*

## The Challenge Begins...

The Kalamunda Senior High School Outdoor Adventure Program is designed to enhance the learning of students in an Outdoor Education context. All students participating in the program will experience a curriculum that integrates what they learn in English, Mathematics, Science and Humanities with what they learn in Health and Physical Education. Key elements of the program include:

- base knowledge and skills from Health and Physical Education Learning Area;
- integration of other curriculum areas;
- practical engagement of students in a “hands-on” curriculum;
- personal fitness and healthy lifestyles focus;
- expeditions; and
- Outdoor Education Studies.



### The Curriculum

#### Outdoor Experiences

- planning;
- skills and practice; and
- safety.

#### Self and Others

- personal skills;
- working with others; and
- leadership.

#### Environmental Awareness

- the environment;
- relationship with nature; and
- environmental management.

## History

Kalamunda Senior High School has a strong history of Outdoor Education opportunities being offered to students who attend the school. This history includes a place on the Blackwood Marathon Hall of Fame for nearly 20 years of involvement by students, parents and staff in this major South West event. Additionally, students from Kalamunda have participated in the Junior Avon Descent, Wilderness Adventure Program, Triple Challenge and a range of other outdoor pursuits.

## Proximity

Kalamunda Senior High School is ideally located to take advantage of many recognised outdoor pursuits. The school is less than 500 metres from the Northern Terminus of the world renowned **Bibbulmun Track** which runs 957km from Kalamunda to Albany. Within several kilometres of the school is also the Stage 1 of the **Munda Biddi** Trail which is used for mountain biking between Mundaring and Collie (with planned expansion to Albany over the next few years). Other significant outdoor adventure venues in close proximity to Kalamunda Senior High School include:

- The Hills Forest, the Zig Zag;
- Jorgensen Park;
- State Forest areas including Bickley Reservoir and many other heritage trails.





## Community

The school is a community within a much larger community. To be successful, the program will rely on the involvement of members of the school community including parents and teachers, and the wider community (as mentors, patrons, sponsors and /or supporters).



## Activities

The following are the outdoor pursuits which may be offered to students as part of the program:

- canoeing/kayaking;
- mountain biking;
- bush walking / bush navigation;
- aboriginal culture;
- roping;
- tenting;
- fitness training;
- food preparation;
- first aid training;
- swimming certificates;
- community service;
- fundraising;
- expeditions;
- plus much more.



Individual and team based activities are incorporated into the program to allow students to develop leadership skills and positive self-esteem.

## Benefits

- Be part of some fantastic activities as mentioned above.
- Improve academic performance which transfers to other learning areas by enhancing leadership, planning, teamwork skills and problem solving.
- Learn real life skills such as first aid, knot tying, map reading, navigation, and survival skills.
- Gain an advantage in Senior School Outdoor Education. Students will be well prepared to gain high achievement in their ATAR studies.
- The annual Ski Trip to Falls Creek in NSW is now exclusively run for the benefit of the Outdoor Adventure Program students. It is an optional extra that has proven extremely popular with all students who have attended in the past and is a wonderful experience that students will remember for the rest of their lives.



## **Are you the right student?**

This program will suit students who:

- appreciate the natural environment;
- enjoy physical activity (particularly outdoors);
- have a good work ethic;
- can work with others in a team environment;
- academically strong enough to cope with the challenging course content which is designed to prepare them for Senior School Outdoor Education courses;
- participate in community service; and
- show an ability to develop and apply skills and knowledge in challenging situations.

## **National Statement on Outdoor Education**

Through interaction with the natural world, Outdoor Education aims to develop an understanding of our relationships with the environment, others and ourselves. The ultimate goal of Outdoor Education is to contribute to a sustainable community.



## Program Values (Reflecting our school values)

- a pursuit of knowledge and a commitment to the achievement of potential;
- a love of learning;
- development of pride in self and community;
- respect for our school and our world;
- development of resilience; and
- environmental responsibility.



Applications close last day of Term 1 and full details and application forms can be found on the school website.



# Kalamunda Senior High School

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