

Bedford High School
Physical Education and Health
Jackie Supprise, Program Director

Course Syllabus

Course: 9211 Cooperative Activities and Orienteering

Through play, outdoor skill development, and team building students will explore outdoor pursuits and challenge elements. Challenge elements will include ground and low initiatives and climbing high ropes course elements. Outdoor pursuits will include climbing, hiking, knot tying, and orienteering.

Periods per cycle: 2

Credits: 2.5

Prerequisite: None

I. Learning Objectives

By the completion of this course, the successful student will:

- a. Participate in problem solving activities to develop leadership, followership, and collaborative skills.
- b. Participate in cooperative games to increase group trust and communication
- c. Build relationships
- d. Respect the stipulation of Challenge by Choice*
- e. Express in writing how an activity has increased confidence and self-esteem
- f. Develop strategies to improve agility, coordination, and satisfaction in one's physical self
- g. Develop personal goals related to trust/responsibility or a challenge activity
- h. Develop a full value contract to function as a code of conduct and the goals of the group
- i. Plan and teach a group activity or challenge
- j. Express an appreciation of play for a lifetime
- k. Tie a variety of safety knots
- l. Demonstrate *Leave No Trace* practices in outdoor pursuits

*Challenge by Choice: An individual's right to choose what level of risk they will take during any Project Adventure Initiative.

II. Learning Experiences

In this course, students will:

- a. Join in problem solving activities
- b. Collaborate with peers
- c. Experience personal challenges
- d. Physically engage in game and trust/responsibility activities
- e. Engage in challenge and risk activities rooted in the Project Adventure model
- f. Demonstrate knot tying
- g. Demonstrate map and compass skills

III. Course Outline

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| a. Outdoor Pursuits | 1 st Quarter |
| b. Team Building | 2 nd Quarter |
| c. Low (and High) Challenge elements | 3 rd Quarter |
| d. Adventure Pursuits | 4 th Quarter |

IV. Course Materials

- a. Sneakers
- b. Comfortable, weather appropriate, clothing for indoor and outdoor activities