

# Valemount Secondary

## Outdoor Education

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No Text Required  
Gym

I am very excited to introduce this new course to Valemount Secondary School! Outdoor Education is an excellent student-centred program where students learn to challenge themselves mentally, physically, socially and emotionally. The students will utilize the great outdoors as a classroom and incorporate many skills to learn how to live an active and healthy lifestyle. The focus of this course is on building outdoor skills such as leadership, excursion, trip planning, wilderness navigation, survival, outdoor cooking and utilizing those skills both in the classroom and the outdoors.

### **Course Content**

#### **Adventure Prep**

- Group Building Activities
- Trip Prep - Packing
- Aboriginal Practice
- Fire Building
- Shelters
- Knots

#### **Orienteering**

- Map reading
- Compass
- GPS
- Geocaching

#### **Flora and Fauna**

- Plant ID and uses
- Bear Aware
- Salmon Run
- Eagles

#### **Activity Days**

- Hiking
- Biking
- Canoeing
- Snowshoeing
- X-Country Skiing
- Downhill Skiing

## **Course Evaluation**

Term Marks:

- Assignments – 50 %
- Tests – 20 %
- Participation - 30 %

Course Breakdown:

- Term 1 – 40 %
- Term 2 – 40%
- Final Exam – 20 %

## **Expectations**

- Be in class when the bell sounds.
- Come to class prepared with all materials necessary for the day.
- If you miss a class it is YOUR responsibility to find out what work was missed.
- Be active in class activities and discussions.
- Respect everyone in class.
- HAVE FUN!!