



APPENDIX A

COURAGEPLUS



Challenge Yourself

Introduction

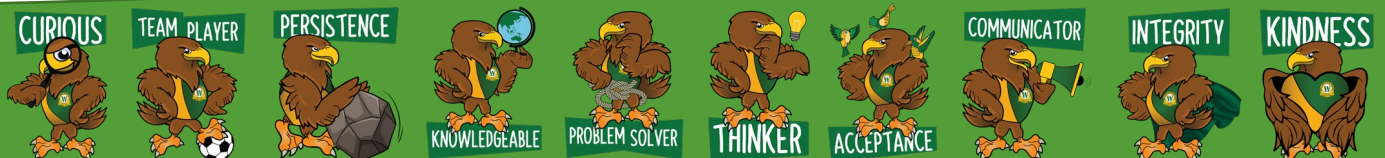
Welcome to 'Courage Plus,' the immersive Year 5 Outdoor Education Program at Walloon State School! Every Wednesday, our students will embark on a dynamic journey with our Outdoor Education Specialist, Mitch Raine, exploring a blend of on-site and off-site adventures designed to foster personal development, teamwork, and leadership skills.

From conquering the daring High Ropes Adventure to taking the Leap of Faith and mastering precision in Archery, students will step out of their comfort zones into the Courage Zone. Our RAD Zone, focusing on Team Building and Leadership, ensures effective collaboration under Mitch's expert guidance.

Off-site adventures, including Bushwalking Expeditions and Fishing Experiences, provide a unique connection to nature, promoting environmental awareness and patience. This program is not only completely free but also aligns seamlessly with the Outdoor Learning section of the Australian Curriculum.

Structured over five modules, 'Courage Plus' ensures a comprehensive experience, culminating in final team challenges and a reflection session. Keep an eye out for permission forms that may need completion, and stay tuned for updates on this exciting journey!

As a precursor to the 'Passing the Baton Program' at the end of 2024, 'Courage Plus' is more than just an adventure—it's a stepping stone for our Year 5 students to lead our school in 2025 and beyond. Join us as we pave the way for future leaders of the world, one courageous step at a time



Program Structure



CouragePlus is a dynamic and engaging initiative designed for students in Years. This adventure provides a comprehensive exploration of outdoor activities, fostering personal development, teamwork, and leadership skills. With a blend of on-site and off-site experiences, students will encounter challenges that promote resilience, critical thinking, and a deep connection to the natural environment.

On-Site Activities:

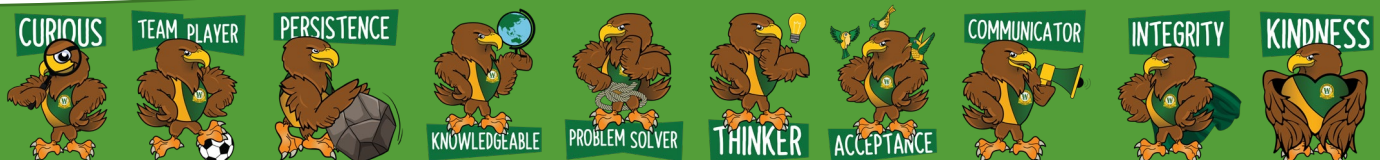
1. High Ropes Adventure (3 Elements):
 - Students will navigate three high ropes elements, promoting courage, balance, and teamwork.
2. Leap of Faith:
 - A thrilling activity encouraging students to step out of their comfort zones and trust in their abilities.
3. Archery:
 - Precision and focus will be honed through archery sessions, developing hand-eye coordination.
4. RAD Zone (Team Building and Leadership):
 - Specialized activities in the RAD Zone focus on building effective teams and leadership skills.
5. Team Building Exercises:
 - On-site team-building activities tailored to enhance collaboration, communication, and problem-solving.

Off-Site Adventures:

1. Bushwalking Expedition:
 - A journey into the natural surroundings for students to appreciate and navigate the beauty of the local environment.
2. Fishing Experience:
 - Off-site fishing expeditions allow students to connect with nature, learn fishing skills, and foster patience.

Program Structure:

1. High Ropes and Team Building
 - Introduction to high ropes elements and team-building activities in the RAD Zone.
2. Archery Precision and Leadership Skills
 - Focus on developing archery skills and understanding leadership concepts through practical exercises.





3. On-Site Team Challenges
 - Application of learned skills in on-site team challenges, reinforcing collaboration and effective communication.
4. Off-Site Adventures (Bushwalking and Fishing)
 - Exploration of local landscapes through bushwalking and hands-on fishing experiences.
5. Culmination and Reflection
 - Final team-building challenges, reflection on personal growth, and a celebration of achievements.

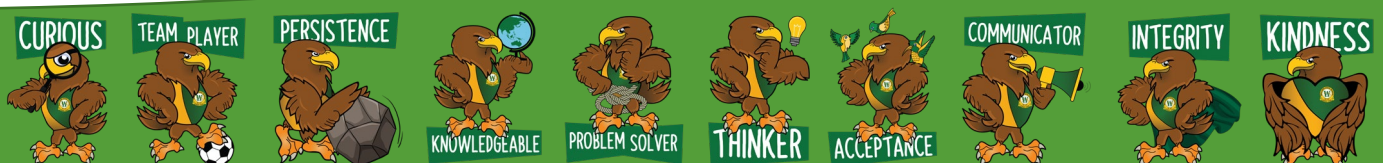
Key Learning Outcomes:

1. Personal Development:
 - Building resilience, confidence, and self-awareness through challenging activities.
2. Teamwork and Collaboration:
3. Enhancing communication and teamwork skills through on-site and off-site group activities.
3. Leadership Skills:
 - Developing leadership qualities through practical experiences and RAD Zone challenges.
4. Environmental Awareness:
 - Instilling a sense of appreciation for the natural world through bushwalking and fishing expeditions.

Courage Plus aims to create a transformative learning experience, instilling valuable life skills and fostering a lifelong appreciation for outdoor activities and environmental stewardship.

Benefits of Fishing

1. Enhancing Student Development: The primary objective of the fishing education day is to provide students with a unique opportunity for personal growth and development. By engaging in the multifaceted activity of fishing, students will cultivate essential life skills across cognitive, affective, and psychomotor domains.
2. Measuring Personal Growth: The fishing experience aims to measure personal growth by assessing students' resilience, adaptability, and problem-solving abilities. Observations and reflections from the day will be used to gauge improvements in confidence, patience, and self-awareness.
3. Fostering Teamwork and Communication: Through collaborative fishing expeditions, students will develop teamwork and communication skills. Their ability to work together, share knowledge, and learn from each other and experienced guides will be evaluated through structured activities and group reflections.





4. Applying Abstract Concepts: Fishing provides a practical platform for applying abstract concepts learned in the classroom. Students will utilize environmental knowledge, weather conditions, and intuition to strategize and adapt their fishing techniques, thereby reinforcing their understanding of these concepts in real-world contexts.
5. Cultivating Environmental Awareness: The fishing education day aims to instill in students a deeper appreciation for the natural world. By immersing themselves in the environment and experiencing firsthand the interconnectedness of ecosystems, students will develop a sense of environmental stewardship and responsibility.

Measurement of Objectives:

1. Pre- and Post-Activity Surveys: Students will complete surveys before and after the fishing experience to assess changes in attitudes, confidence levels, and perceived skill development.
2. Observational Assessments: Educators and guides will observe students during the fishing expedition, noting their interactions, problem-solving approaches, and communication strategies.
3. Reflection Journals: Students will maintain reflection journals to record their thoughts, feelings, and insights before, during, and after the fishing day. These journals will provide valuable qualitative data on personal growth and learning outcomes.
4. ATeamwork and Communication Exercises: Structured teamwork and communication exercises will be conducted during the fishing day, allowing educators to evaluate students' collaborative skills and their ability to effectively communicate and work together.
5. Environmental Awareness Activities: Activities focusing on environmental awareness and stewardship will be integrated into the fishing day, such as discussions on conservation practices and hands-on experiences with local flora and fauna. Assessments will gauge students' understanding of environmental concepts and their commitment to sustainable practices.

