

General Course Information

Course Name: Adventure and Outdoor Pursuits	
Department: Physical Education	Grade Level(s): 11-12
Duration/Credits: 1 sem/.5 credit	Prerequisites: None
BOE Approval Date:	Course Code: H0856
Course Description:	
<p>This course is designed for students who like to be active in the nature setting, and enjoy being part of the great outdoors, such as hiking, paddling, fishing, and outdoor survival. Students will learn how to maintain a healthy lifestyle while engaging in different outdoor activities ranging from the classroom to off campus field trips. Students will have the option to purchase a Missouri Hunting and Fishing license.</p>	
Course Rationale:	
<p>Adventure and Outdoor Pursuits provides students with the opportunity to participate in a variety of challenging activities. These challenges help students learn to work together with peers while developing personal leadership, communication, problem-solving, decision-making, and teamwork skills. Students also improve their physical fitness while participating in a variety of lifetime adventure activities. The Adventure and Outdoor Pursuits course opens the door to fun and exciting ways of improving fitness.</p>	
Course Objectives:	
<p>The student will read about, research, and identify the key aspects of adventure and outdoor activities. (A+ Research, A+ Reading)</p> <p>The student will participate regularly in physical activity to maintain and improve their current fitness level.</p> <p>The student will attend field trips to engage in outdoor/adventure physical activities and with outdoor spaces.</p> <p>The student will complete training to earn a Missouri hunting and fishing license.</p> <p>The student will collaborate with other students to plan and present team-building activities and camping and survival skills. (A+ Speaking and Listening)</p>	

The student will plan for and manage risk by developing and following safety procedures and will write about the expected outcomes of outdoor pursuits. (A+ Writing)
Standards Alignment:
National PE Standards - Shape America

Fishing and Hunting (2-3 Weeks) certification/License

One day field trip to fish

Hiking/Orienteering/Geocaching (3-4 Weeks)

One day hiking trip

Kayaking/Paddle Boarding (paddle unit) (2-3 Weeks) Boating License

One day trip

Biking (2-3 weeks)

One day trip

Camping/Survival Skills (2-3 Weeks)

Outdoor Team Building (2 Weeks)