Columbia Outdoor School High Ropes Course Curriculum Connections Grades 1-12

	Grade 1			Grade 2			Grade 3			Grade 4			Grade 5	
Big Ideas	Competency	Content	Big Ideas	Competency	Content	Big Ideas	Competency	Content	Big Ideas	Competency	Content	Big Ideas	Competency	Content
Physical Health and Ed			Physical Health and Ed			Physical Health and Ed			Physical Health and E			Physical Health and Ed		
Learning about ourselves and others helps us develop a positive attitude and caring behaviours, which helps us build healthy relationships	Develop and demonstrate safety, fair play, and leadership in physical activities	how to participate in different types of physical activities, including individual and dual activities, rhythmic activities, and games hazards and potentially	Having good communication skills and managing our emotions enables us to develop and maintain healthy relationships.			Having good communication skills and managing our emotions enables us to develop and maintain healthy relationships. Adopting healthy	Develop and apply a variety of fundamental movement skills in a variety of physical activities and environments Develop and	different types of physical activities, including individual and dual activities, rhythmic activities, and games movement concepts and	Developing healthy relationships helps us feel connected, supported, and valued.	Develop and apply a variety of fundamental movement skills in a variety of physical activities and environments Develop and	how to participate in different types of physical activities, including individual and dual activities, rhythmic activities, and games movement concepts and	Developing healthy relationships helps us feel connected, supported, and valued.	Develop and apply a variety of fundamental movement skills in a variety of physical activities and environments Develop and apply a	how to participate in different types of physical activities including individual and dual activities, rhythmic activities, and games movement concepts and
		unsafe situations	personal practices and safety strategies protects ourselves and others.	demonstrate safety, fair play, and leadership in physical activities		personal practices and safety strategies protects ourselves and others.	demonstrate safety, fair play, and leadership in physical activities			demonstrate safety, fair play, and leadership in physical activities	strategies		variety of movement concepts and strategies in different physical activities	strategies
	Develop and demonstrate respectful behaviour when participating in activities with others Identify caring behaviours among classmates and within families	caring behaviours in groups and families		Identify and describe avoidance or assertiveness strategies to use in unsafe and/or uncomfortable situations Develop and demonstrate respectful behaviour when participating in activities with others			Identify and describe avoidance or assertiveness strategies to use in unsafe and/or uncomfortable situations Explain how participation in outdoor activities supports connections with the community and environment			Identify and describe avoidance or assertiveness strategies to use in unsafe and/or uncomfortable situations Describe and apply strategies that promote a safe and caring environment			Develop and demonstrate safety, fair play, and leadership in physical activities Identify and describe strategies for avoiding and/or responding to potentially unsafe, abusive, or exploitive situations	
	Identify and describe feelings and worries Develop and demonstrate a variety of fundamental movement skills in a variety of physical activities and			Explain how participation in outdoor activities supports connections with the community and environment Identify and describe feelings and worries, and strategies for dealing with them									Describe and apply strategies that promote a safe and caring environment	
ADST	environments		ADST			ADST			ADST			ADST		
Skills can be developed through play.	Use materials, tools, and technologies in a safe manner in both physical and digital environments		Skills can be developed through play.	Use materials, tools, and technologies in a safe manner in both physical and digital environments		Skills can be developed through play.	Use materials, tools, and technologies in a safe manner in both physical and digital environments		Skills are developed through practice, effort, and action.	Use materials, tools, and technologies in a safe manner, and with an awareness of the safety of others, in both physical and digital environments		Skills are developed through practice, effort, and action.	Use materials, tools, and technologies in a safe manner, and with an awareness of the safety of others, in both physical and digital environments	
Technologies are tools that extend human capabilities.	Develop their skills and add new ones through play and collaborative work Explore the use of simple, available tools and technologies to extend their capabilities		Technologies are tools that extend human capabilities.	Develop their skills and add new ones through play and collaborative work Explore the use of simple, available tools and technologies to extend their capabilities		Technologies are tools that extend human capabilities.	Develop their skills and add new ones through play and collaborative work Explore the use of simple, available tools and technologies to extend their capabilities		The choice of technology and tools depends on the task.	Demonstrate a willingness to learn new technologies as needed		The choice of technology and tools depends on the task.	Demonstrate a willingness to learn new technologies as needed	
Career Education			Career Education			Career Education			Career Education			Career Education		
Confidence develops through the process of self-discovery.	Identify and appreciate their personal attributes, skills, interests, and accomplishments	goal-setting strategies	Confidence develops through the process of self-discovery.	Identify and appreciate their personal attributes, skills, interests, and accomplishments	goal-setting strategies	Confidence develops through the process of self-discovery.	Identify and appreciate their personal attributes, skills, interests, and accomplishments	goal-setting strategies	Exploring our strengths and abilities can help us identify our goals.	Identify and appreciate their personal attributes, skills, interests, and accomplishments and their growth over time	goal-setting strategies	Exploring our strengths and abilities can help us identify our goals.	Identify and appreciate their personal attributes, skills, interests, and accomplishments and their growth over time	goal-setting strategies
Everything we learn helps us to develop skills.	Work respectfully and constructively with others to achieve common goals	risk taking and its role in self exploration	Everything we learn helps us to develop skills.	Work respectfully and constructively with others to achieve common goals	risk taking and its role in self exploration	Everything we learn helps us to develop skills.	Work respectfully and constructively with others to achieve common goals	risk taking and its role in self exploration	Leadership requires listening to and respecting the ideas of others.	Appreciate the influence of peer relationships, family, and community on personal choices and goals	decision-making strategies	Leadership requires listening to and respecting the ideas of others.	Appreciate the influence of peer relationships, family, and community on personal choices and goals	decision-making strategies
Effective collaboration relies on clear, respectful communication.	Identify and appreciate the roles and responsibilities of people in their schools, families, and communities	roles and responsibilities at home, at school, and in the local community	Effective collaboration relies on clear, respectful communication.	the roles and responsibilities of people in their schools, families, and communities	roles and responsibilities at home, at school, and in the local community	Effective collaboration relies on clear, respectful communication.	the roles and responsibilities of people in their schools, families, and communities	roles and responsibilities at home, at school, and in the local community		Recognize the need for others who can support their learning and personal growth	skills		Recognize the need for others who can support their learning and personal growth	skills
	Share ideas, information, personal feelings, and knowledge with others			Share ideas, information, personal feelings, and knowledge with others			Share ideas, information, personal feelings, and knowledge with others	ı		Demonstrate safe behaviours in a variety of environments	safety hazards and rules at school, at home, and in the community		Demonstrate safe behaviours in a variety of environments	safety hazards and rules at school, at home, and in the community

	Grade 6			Grade 7			Grade 8			Grade 9			Grade 10	
Big Ideas	Competency	Content	Big Ideas	Competency	Content	Big Ideas	Competency	Content	Big Ideas	Competency	Content	Big Ideas	Competency	Content
Physical Health and Ed			Physical Health and Ed			Physical Health and E		•	Physical Health and Ed			Physical Health and E		•
	Develop and apply a variety of fundamental movement skills in a variety of physical activities and environments	how to participate in different types of physical activities, including individual and dual activities, rhythmic activities, and games		Develop and apply a variety of fundamental movement skills in a variety of physical activities and environments	how to participate in different types of physical activities, including individual and dual activities, rhythmic activities, and games		Develop and apply a variety of fundamental movement skills in a variety of physical activities and environments	how to participate in different types of physical activities, including individual and dual activities, rhythmic activities, and games	Lifelong participation in physical activity has many benefits and is an essential part of a healthy lifestyle.	demonstrate safety, fair	movement concepts and strategies	Understanding our strengths, weaknesses, and personal preferences helps us plan and achieve our goals	Demonstrate safety, fair play, and leadership in physical activities	Individual and dual activities, rhythmic activities, games, and outdoor activities
	Develop and apply a variety of movement concepts and strategies in different physical activities	movement concepts and strategies		Develop and apply a variety of movement concepts and strategies in different physical activities	movement concepts and strategies		Develop and apply a variety of movement concepts and strategies in different physical activities	movement concepts and strategies	Healthy relationships can help us lead rewarding and fulfilling lives.	Propose strategies for avoiding and/or responding to potentially unsafe, abusive, or exploitive situations	how to participate in different types of physical activities, including individual and dual activities, rhythmic activities, and games		Explain how developing competencies in physical activities can increase confidence and encourage lifelong participation in physical activities	setting and self- motivation
	Develop and demonstrate safety, fair play, and leadership in physical activities Identify and describe			Develop and demonstrate safety, fair play, and leadership in physical activities			Develop and demonstrate safety, fair play, and leadership in physical activities						Propose strategies for avoiding and responding to potentially unsafe, abusive, or exploitative situations	movement concepts and strategies
	strategies for avoiding and/or responding to potentially unsafe, abusive, or exploitive situations													
ADST			ADST			ADST			ADST					
Complex tasks require the acquisition of additional skills.	Demonstrate an awareness of precautionary and emergency safety procedures in both physical and digital environments		Complex tasks require the acquisition of additional skills.	Demonstrate an awareness of precautionary and emergency safety procedures in both physical and digital environments		Complex tasks require the acquisition of additional skills.	Demonstrate an awareness of precautionary and emergency safety procedures in both physical and digital environments			Demonstrate an awareness of precautionary and emergency safety procedures in both physical and digital environments				
Complex tasks may require multiple tools and technologies.			Complex tasks may require multiple tools and technologies.			Complex tasks may require multiple tools and technologies.								
Career Education			Career Education			Career Education			Career Education					
Safe environments depend on everyone following safety rules.	Appreciate the importance of respect, inclusivity, and other positive behaviours in diverse, collaborative learning, and work environments	goal-setting strategies	Safe environments depend on everyone following safety rules.	Appreciate the importance of respect, inclusivity, and other positive behaviours in diverse, collaborative learning, and work environments	goal-setting strategies	Achieving our learning goals requires effort and perseverance.	Demonstrate respect, d collaboration, and inclusivity in working with others to solve problems	goal-setting strategies	Achieving our learning goals requires effort and perseverance.	Demonstrate respect, collaboration, and inclusivity in working with others to solve problems	goal-setting strategies			
New experiences, both within and outside of school, expand our career skill set and options. Leadership represents	Explore volunteer opportunities and other new experiences outside school and recognize their value in career development Demonstrate leadership	·	New experiences, both within and outside of school, expand our career skill set and options. Leadership represents	Explore volunteer opportunities and other new experiences outside school and recognize their value in career development Demonstrate leadership	leadership		Demonstrate safety skills and appreciate the importance of workplace safety	workplace safety		Demonstrate safety skills and appreciate the importance of workplace safety	workplace safety			
good planning, goal- setting, and collaboration.	bemonstrate leadership skills through collaborative activities in the school and community Demonstrate safety	decision-making	good planning, goal- setting, and collaboration.	bemonstrate leadership skills through collaborative activities in the school and community	decision-making									
	skills in an experiential learning environment			skills in an experiential learning environment										

	Grade 11			Grade 12		
Big Ideas	Competency	Content	Big Ideas	Competency	Content	
Outdoor Education			Outdoor Education			
Participation in outdoor activities allows for the development of skills in a complex and dynamic environment.	Explain how developing competence in outdoor activities can increase confidence and encourage lifelong participation	management of group dynamics and conflict in an outdoor environment	Participating safely in outdoor activities requires communication, teamwork, and collaboration.	Monitor exertion levels and energy levels of themselves and others		
Spending time outdoors allows us to develop an understanding of the natural environment and ourselves.	Collaborate with others in a variety of outdoor activities		Participation in outdoor activities allows for the development of skills in a complex and dynamic environment	Demonstrate responsibility for personal safety and the safety of others	management of group dynamics and conflict i an outdoor environmer	
Participating safely in outdoor activities requires communication, teamwork, and collaboration.	Use applicable communication skills when interacting with others		Spending time outdoors allows us to develop an understanding of the natural environment, ourselves, and others.	Anticipate and manage risks during different types of outdoor activities	maintenance, use, and care of equipment for outdoor activities	
conacoration.	Demonstrate appropriate responses to emergency situations during outdoor activities		Participation in outdoor activities allows for the development of leadership skills that can be applied in a variety of contexts and environments	Use applicable communication and outdoor leadership skills when interacting with others	responsible use of the outdoor environment	
	Demonstrate responsibility for personal safety and the safety of others		environments.	Communicate and collaborate effectively with others on expeditions, on teams, and in the community	group management an leadership skills	
	Assess and manage risks during different types of outdoor activities					
Active Living			Active Living			
Physical activity is an important part of overall health and well-being.	Explain how developing competencies in physical activities can increase confidence and encourage lifelong participation in those activities	benefits of physical activities for health and mental well-being	Safety and injury prevention practices allow lifelong participation in physical activities.	Explain how proper technique and use of equipment reduces the chance of injury	physical activity safety and etiquette	
	Demonstrate safety, fair play, and leadership in physical activities	physical activity safety and etiquette		Demonstrate safe and appropriate participation in physical activities	injury prevention and management	
	Explain how the use of proper techniques prevents injury	injury prevention and management		Demonstrate competencies and problem-solving strategies required for physical activity and recreation leadership		
Fitness and Conditionin	ng		Fitness and Conditioning			
Knowing how our bodies move and function helps us stay safe during exercise.	Explain how developing competencies in fitness and conditioning activities can increase confidence and encourage lifelong participation in physical activities		Knowing how our bodies move and function helps us stay safe during exercise.	Apply safety practices in different types of fitness activities, for themselves and others	exercise safety and etiquette	
	activities Demonstrate a variety of leadership skills in different types of fitness activities			Demonstrate appropriate behaviours in different types of fitness activities and environments		
	Demonstrate appropriate behaviours in different types of fitness activities and environments			Demonstrate a variety of leadership skills in different types of fitness activities		
	Apply safety practices in different types of fitness activities, for themselves and others					