

**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 Education			Physical Health and Education			Physical Health and Education			Physical Health and Education			Physical Health and Education		
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	Having good communication skills and managing our emotions enables us to develop and maintain healthy relationships.	Develop and demonstrate 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	Having good communication skills and managing our emotions enables us to develop and maintain healthy relationships.	Develop and apply a variety of fundamental movement skills in a variety of physical activities and environments	different types of physical activities, including individual and dual activities, rhythmic activities, and games	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	how to participate in different types of physical activities, including individual and dual activities, rhythmic activities, and games	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	how to participate in different types of physical activities, including individual and dual activities, rhythmic activities, and games
Describe ways to prevent and respond to a variety of unsafe and/or uncomfortable situations	hazards and potentially unsafe situations	Adopting healthy personal practices and safety strategies protects ourselves and others.	Develop and demonstrate safety, fair play, and leadership in physical activities	Identify and describe avoidance or assertiveness strategies to use in unsafe and/or uncomfortable situations	Develop and demonstrate safety, fair play, and leadership in physical activities	Adopting healthy personal practices and safety strategies protects ourselves and others.	Develop and demonstrate safety, fair play, and leadership in physical activities	movement concepts and strategies	Identify and describe avoidance or assertiveness strategies to use in unsafe and/or uncomfortable situations	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	Identify and describe avoidance or assertiveness strategies to use in unsafe and/or uncomfortable situations	Describe and apply strategies for avoiding and/or responding to potentially unsafe, abusive, or explosive situations	Describe and apply strategies that promote a safe and caring environment
Develop and demonstrate respectful behaviour when participating in activities with others	caring behaviours in groups and families	Identify caring behaviours among classmates and within families	Identify and describe feelings and worries	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	Identify and describe feelings and worries	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	Identify and describe feelings and worries	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	Identify and describe feelings and worries	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
Develop and demonstrate a variety of fundamental movement skills in a variety of physical activities and environments	Develop and demonstrate a variety of fundamental movement skills in a variety of physical activities and environments	Develop and demonstrate a variety of fundamental movement skills in a variety of physical activities and environments	Develop and demonstrate a variety of fundamental movement skills in a variety of physical activities and environments	Develop and demonstrate a variety of fundamental movement skills in a variety of physical activities and environments	Develop and demonstrate a variety of fundamental movement skills in a variety of physical activities and environments	Develop and demonstrate a variety of fundamental movement skills in a variety of physical activities and environments	Develop and demonstrate a variety of fundamental movement skills in a variety of physical activities and environments	Develop and demonstrate a variety of fundamental movement skills in a variety of physical activities and environments	Develop and demonstrate a variety of fundamental movement skills in a variety of physical activities and environments	Develop and demonstrate a variety of fundamental movement skills in a variety of physical activities and environments	Develop and demonstrate a variety of fundamental movement skills in a variety of physical activities and environments	Develop and demonstrate a variety of fundamental movement skills in a variety of physical activities and environments	Develop and demonstrate a variety of fundamental movement skills in a variety of physical activities and environments	Develop and demonstrate a variety of fundamental movement skills in a variety of physical activities and environments
ADST			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	Technologies are tools that extend human capabilities.	Skills can be developed through play.	Use materials, tools, and technologies in a safe manner in both physical and digital environments	Technologies are tools that extend human capabilities.	Skills can be developed through play.	Use materials, tools, and technologies in a safe manner in both physical and digital environments	Technologies are tools that extend human capabilities.	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.	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.
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	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	problem-solving and 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	problem-solving and 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.	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.	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	Recognize the need for others who can support their learning and personal growth	emerge leadership skills	Recognize the need for others who can support their learning and personal growth	Recognize the need for others who can support their learning and personal growth	emerge leadership skills	Recognize the need for others who can support their learning and personal growth
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	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	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	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	Demonstrate safe behaviours in a variety of environments	safety hazards and rules at school, at home, and in the community

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 in an outdoor environment
Participating safely in outdoor activities requires communication, teamwork, and collaboration.	Use applicable communication skills when interacting with others Demonstrate appropriate responses to emergency situations during outdoor activities Demonstrate responsibility for personal safety and the safety of others Assess and manage risks during different types of outdoor activities		Spending time outdoors allows us to develop an understanding of the natural environment, ourselves, and others. Participation in outdoor activities allows for the development of leadership skills that can be applied in a variety of contexts and environments.	Anticipate and manage risks during different types of outdoor activities Use applicable communication and outdoor leadership skills when interacting with others Communicate and collaborate effectively with others on expeditions, on teams, and in the community	maintenance, use, and care of equipment for outdoor activities responsible use of the outdoor environment group management and leadership skills
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 Demonstrate safety, fair play, and leadership in physical activities Explain how the use of proper techniques prevents injury	benefits of physical activities for health and mental well-being physical activity safety and etiquette injury prevention and management	Safety and injury prevention practices allow lifelong participation in physical activities.	Explain how proper technique and use of equipment reduces the chance of injury Demonstrate safe and appropriate participation in physical activities Demonstrate competencies and problem-solving strategies required for physical activity and recreation leadership	physical activity safety and etiquette injury prevention and management
Fitness and Conditioning			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 Demonstrate a variety of leadership skills in different types of fitness activities Demonstrate appropriate behaviours in different types of fitness activities and environments Apply safety practices in different types of fitness activities, for themselves and others		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 Demonstrate appropriate behaviours in different types of fitness activities and environments Demonstrate a variety of leadership skills in different types of fitness activities	exercise safety and etiquette