



# Outdoor Education

The Outdoor Education programme at PLC encourages students to develop their social and leadership skills, build teamwork and develop self-reliance and resilience through challenges that can be both physically and emotionally demanding.

PLC offers an Outdoor Education programme primarily designed to provide students with a vehicle for personal development.

The programme offers participants a structured progression of physical and cognitive challenges that are matched to their maturity and, to some extent, their previous outdoor experience. As students engage with these challenges they discover a great deal about their perceived limitations, capabilities, self-concept and independence.

It is strongly held that in learning to deal with change, uncertainty and perhaps self-doubt that may arise during their Outdoor Education programme, the girls learn valuable coping strategies and build resilience that can be useful in their day-to-day living.

Our programme development is guided by research and recent changes to programmes have been influenced by Dr Michael Ungar's idea of "the risk taker's advantage".

Students will also be encouraged to make decisions based on an assessment of needs versus wants. This prioritising and filtering offers immediate consequences and benefits during their time on the programme and develops skills that will be vital in dealing with the broader issues that confront contemporary society as a whole.

The Outdoor Education programme is conducted across a broad range of locations in Western Australia, exposing students to the wonderfully diverse natural environment.

PLC strongly endorses and implements a 'leave no trace' ethic throughout the programme; in this way we encourage students to develop an ethos of responsible stewardship and respect for the environment as well as an understanding of competing resource use, demands and management issues.

Not to be overlooked is the simple value of sharing the experience and participating openly with fellow students throughout the programme. The bonds and memories formed during an Outdoor

Education experience are often treasured long after the girls have completed their time at PLC.

## YEAR 3 - 'SCHOOL SLEEPOVER'

Students sleep in tents on School grounds. We keep it simple with some games after-school, BBQ dinner and more games in the evening. Students return home after breakfast, the following morning.

## YEAR 4 - 'URBAN ADVENTURE'

Year 4 students will have a two-day Outdoor Education programme at Pelican Point in Perth. Students sleep in tents, participate in water and land based activities and begin to develop team work.

## YEAR 5 - 'MORAY'

This three-day programme is based at Scotch College's Outdoor Education Centre, 'Moray', near Dwellingup. Students spend one night in tents amongst the Jarrah and Marri trees and one night in a dormitory. Students canoe, climb, hike and participate in environmental activities. They will also have the opportunity to create their own pizza to be cooked in the pizza oven.

The programme is designed to promote co-operation, consideration for others and self-responsibility – skills that will be vital in the girls' journey through life at PLC and beyond.

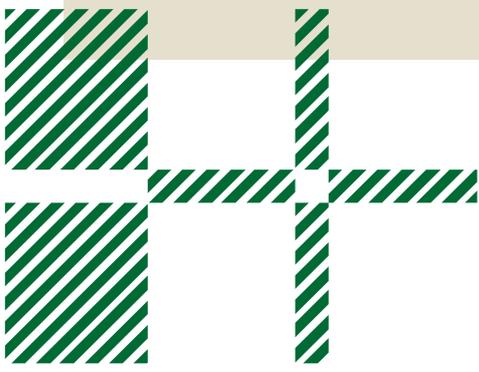
## YEAR 6 - 'PLC'S GOT TALENT'

The Year 6 Outdoor Education programme includes two nights in a tent and one night in a dormitory, first use of a Trangia stove (cooking pasta), plus initiative games, kayaking and environmental activities.

The programme is held at Camp Geographe (near Busselton) and is framed around a journal, where students are encouraged through independent and led activities to explore their 'Talents' and the 'Talents' of those around them.



INSPIRING WOMEN



Studies suggest that by taking students on expedition, we not only teach them skills to recreate safely in the outdoors but also help their brains to grow, improving their ability to learn and remember.

Outdoor Education activities provide ample opportunities for girls to experience novel events, places and stimuli – making a lasting impression on their lives.

#### YEAR 7 – ‘BUSH ADVENTURE’

The Year 7 Outdoor Education Programme, based at Wharncliffe Mill (north of Margaret River), is run over four days and three nights, with students spending every night in a tent and cooking every night with a Trangia stove. Activities include canoeing, mountain biking, indigenous culture and a small overnight expedition.

This programme provides an introduction to activities that will be used in future Outdoor Education programmes.

#### YEAR 8 – ‘GIVE IT A GO’

The Year 8 Outdoor Education Programme commences a transition from a base-camp structure (the programme based largely at one location) to more expedition-style camping (multiple campsites, with groups moving frequently during the programme).

Students work in both large and small groups, providing an opportunity for them to explore key aspects of teamwork and co-operative living including co-operation, communication, trust, support, planning and leadership.

The programme runs over six days in the Margaret River region and includes mountain biking, caving, abseiling, hiking and indigenous culture.

The programme focuses on the development of lightweight camping techniques with the aim of consolidating and refining the girls’ outdoor skills in preparation for future expedition-based programmes.

#### YEAR 9 AND 10 – ‘PERSONAL LEADERSHIP’

The Year 9 and 10 Outdoor Education programmes are designed to further extend the girls’ competence and confidence in the natural environment, as well as develop their leadership skills whilst undertaking genuine expedition-style programmes.



Girls have the opportunity to choose programmes as far away as Ningaloo (six days sea kayaking) and Karijini (six days expeditioning and canyoning), or remain a little closer to Perth, and experience hiking on the Bibbulmun Track, cycling the Munda Biddi Trail, returning to the Margaret River region for more caving and abseiling or Dwellingup for a five-day canoeing expedition.

#### The Duke of Edinburgh’s International Award

PLC students have the opportunity to complete the internationally recognised Duke of Edinburgh Award. Girls in Years 8 to 12 are able to work toward their bronze, silver or gold award, developing their leadership skills, improving their fitness, contributing to the community and experiencing an adventure along the way.

#### Co-curricular Options

The Outdoor Education Department co-ordinates a co-curricular programme that runs throughout the year.

The activities are recreationally based, focusing on fun and participation as well as the development of the technical skills and experience necessary for students to pursue various activities in their own right.

Activities include surfing, stand-up paddle boarding, sailing, indoor climbing, rafting, abseiling, caving and sea kayaking.