

Program: Outdoor Adventure: Ropes Activities

Leap of Faith (yrs 7 and above), Abseiling/Rock Climbing (yrs 5 and above), Flying Fox (yrs 3 and above), Crate Climb (yrs 3 and above), Low Ropes (yrs 4 and above), Vertical Playpen (yrs 3 and above), Giant Swing (yrs 3 and above), Glider Possum (yrs 3 and above).

General Descriptor of Program:

In the Australian Curriculum, students develop personal and social capability as they learn to understand themselves and others, and manage their relationships, lives, work and learning more effectively. The capability involves students in a range of practices including recognising and regulating emotions, developing empathy for and understanding of others, establishing positive relationships, making responsible decisions, working effectively in teams and handling challenging situations constructively (ACARA 2011).

Birrigai aims to prepare groups physically and emotionally for challenges by giving the participant the choice to determine their level of involvement or challenge. ‘Challenge by Choice’ is about creating a safe learning environment for participants which helps them to make appropriate decisions in an atmosphere of care and support. Real success and learning occurs when individuals choose and commit to their own standards and goals that are personally meaningful (Project Adventure).

General Capabilities

- Literacy
- Numeracy
- Information and communication technology (ICT) competence
- Critical and creative thinking
- Ethical behaviour
- Personal and social competence***
- Intercultural understanding

Cross-Curriculum Priorities

- Aboriginal and Torres Strait Islander histories and cultures
- Asia and Australia’s engagement with Asia
- Sustainability

Years targeted	Australian Curriculum links on the Personal and Social Capability continuum across stages of schooling			
Yrs 3 and above	Social Management	Self Management	Social Awareness	Self Awareness
	<ul style="list-style-type: none"> • Decision making • Communication • Conflict resolution and negotiation • Leadership • Building and maintaining relationships 	<ul style="list-style-type: none"> • Goal setting and tracking • Confidence, resilience and adaptability 	<ul style="list-style-type: none"> • Empathy • Understanding relationships 	<ul style="list-style-type: none"> • Recognising emotions • Self-knowledge • Self-worth • Reflective practice