

Ganguddy Trek

Dunns Swamp

This option module focuses on the development of skills, understanding and attitudes necessary for safe participation in outdoor recreation activities. Students undertake practical learning experiences in order to develop technical skills of camp craft, navigation and survival action.

PDHPE OUTCOMES

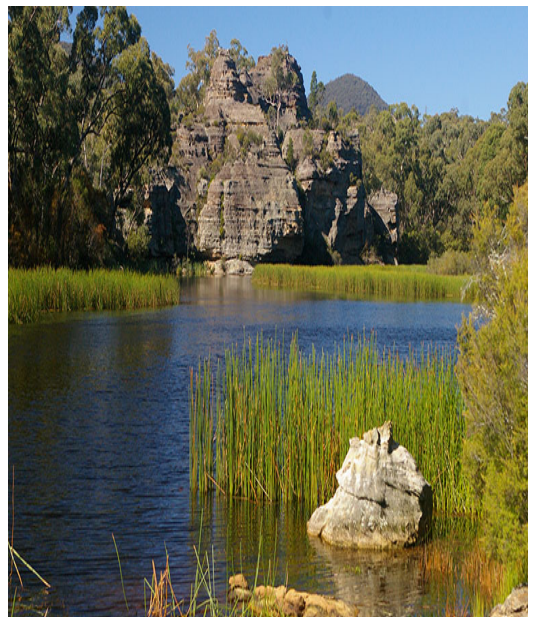
- P10 develops plans for participation in physical activity to satisfy a range of individual needs
- P14 demonstrates the technical and interpersonal skills necessary to participate safely in challenging outdoor recreation activities

KEY INQUIRY QUESTIONS

- What is the value of outdoor recreation?
- What are the technical skills and understanding needed for safe participation in outdoor recreation?
- What impact does group dynamics have on the outdoor experience?

CONTENT

- Planning- site knowledge, preparations for food, what to take in back packs, site orientation, National Parks requirements
- Selecting a campsite- safety and environmental concerns
- Conservation- minimal impact
- Navigation skills- using a compass, topographic map and GPS to plan and follow a route
- Emergency planning and management- risk management, use of UHF's and PLB (personal location beacon)
- Leadership and group dynamics



Schools will be provided with high quality teaching and learning resources to support and guide pre-fieldwork classroom study on safe participation in outdoor recreation activities. Students will then attend either a one or two day program that allows them to put their new knowledge into practice.

PRE-TREK PLANNING DAY

The Pre-Trek Planning Day can be run either at Red Hill EEC or at your own school approximately 1-2 weeks prior to the Trek.

On the day, Red Hill EEC cover the following topics:

- Introduction and site familiarisation – developing a knowledge of the area through maps and reference material.
- National Park requirements for trekking/hiking
- Navigation skills - use of compasses and topographic maps
- Planning a hiking route
- Basic First Aid
- Camp Craft – food preparation, packing back packs
- Risk management and emergency planning
- Leadership, group dynamics and team work

OVERNIGHT TREK - DAY 1

- Meet Red Hill EEC staff at start point of hiking trail - as per route plan developed on Trek Planning Day
- Follow route plan to hike through to Ganguddy Dunns Swamp camping area/boat ramp
- Paddle in canoes to the Dam Wall learning basic techniques and developing teamwork and leadership skills
- Continue Trek in canoes with camping gear and paddle to overnight camp site
- Overnight camp set up as per route plan

OVERNIGHT TREK - DAY 2

- Wake, breakfast, pack up camp and load canoes.
- Follow route plan to paddle back to boat ramp
- Group initiative session to develop teamwork and leadership skills
- Hike to Pagoda look out
- Follow route plan and trek to pick up point via Bird Hut Trail

Please note this program is available in Term 1, late Term 3 and Term 4.

This program can also be run as a Day Program.

For bookings or further enquiries about this program, please contact Red Hill Environmental Education Centre on redhill-e.school@det.nsw.edu.au or on 02 6374 2588.

