

STAGE SIX SLR

# Ganguddy – Outdoor Recreation Wollemi National Park

## UNIT OVERVIEW

The Ganguddy Challenge focuses on the development of skills, understanding and attitudes necessary for safe participation in outdoor recreation activities. Students undertake practical learning experiences to develop technical skills such as camp craft, navigation and survival first aid.

## SLR OUTCOMES - 8.11 Outdoor Recreation

- 1.1 applies the rules and conventions that relate to participation in a range
- 1.3 demonstrates ways to enhance safety in physical activity
- 3.6 assesses and responds appropriately to emergency care situations
- 4.2 demonstrates leadership skills and a capacity to work cooperatively in movement contexts.
- 4.4 demonstrates competence and confidence in movement contexts

## CONTENT

- Students identify outdoor recreational facilities that can be accessed in the local area.
- Students participate with confidence and competence in a variety of outdoor recreation activities.
- Students navigate competently using a compass (and GPS to follow a route)
- Students develop strategies for the prevention and management of common wilderness first aid situations such as burns, fractures and hypothermia.
- Students prepare a safety action plan for a planned outdoor recreation experience.



STAGE 6 – SLR

# GANGUDDY-OUTDOOR RECREATION



## CANOEING

Explore the pristine waterway with qualified paddle guides in the Red Hill canoes! Students are instructed in safety procedures, stroke technique, the fundamentals of paddling, communication, group work and supporting each other before launching onto the river for skills practice, group manoeuvres and games.

## BUSH WALKING

Students enjoy bushwalking along Ganguddy trails alongside the Cudgegong River, exploring the unique and beautiful Wollemi National Park. Students learn about some adaptations of local flora and fauna; traditional First Nations uses and the distinctive geology of the surrounding pagoda landforms.

## WHAT MAKES A GOOD TEAM?

Students participate in team building activities to strengthen communication and problem solving. Students learn communication (UHF), navigation (GPS & compass) and basic first aid skills to support them in the Ganguddy challenge.

## GANGUDDY CHALLENGE

The 'Ganguddy Challenge' engages students in team building activities, strengthens leadership skills and enhances student's relationships. They move around a course with the aid of a Global Positioning System (GPS), compasses, and communicating via UHF radio. Problem solving and teamwork are emphasized throughout the challenge, negotiating a pre-determined course and administering first aid in simulated scenarios.

For bookings or further enquiries about this program, please contact Red Hill Environmental Education Centre on [redhill-e.school@det.nsw.edu.au](mailto:redhill-e.school@det.nsw.edu.au) or 02 6374 2558



