



# *EHS Adventure Education*

Ms. Vidal

[jvidal@cherrycreekschools.org](mailto:jvidal@cherrycreekschools.org)

phone: (720) 886-1075

## *COURSE DESCRIPTION*

The Adventure program at Eaglecrest is offered to support our school and district goals. The Experiential Learning curriculum will focus on developing individual confidence, self-efficacy, maturity, self-motivation, trust, responsibility and critical thinking skills. This is accomplished through team and individual work, problem solving, creative thinking, and physical and emotional challenge.

Depending on the time of year, activities may include (but are not limited to): Outdoor technical skills, conservation education, nature awareness, hiking, camping, indoor rock climbing, ropes course challenges, yoga, abdominal and upper body muscle workouts, map and compass orienteering, mountain biking, bike maintenance, car maintenance, paddle sports, outdoor survival skills, wilderness first aid, and self and team rescue techniques. Particular emphasis will be placed on learning a variety of skills and then applying them safely, in context, through mock and real world scenarios.

**Students should be ready for a highly physical class.**

## *A Note to Students:*

This class is about challenging yourself - pushing yourself to try something new, different, or something you may be afraid of. Adventure Education is experiential. Experiential learning is about your willingness to take an intelligent risk, and learn something about yourself during the process. This class is about responsibility, trust, and maturity. Learning how to take the initiative, and do your job. There will be success and failures for you. I will look for, and expect you to, support, cooperate, and contribute as a team member. This is a participation class. We will learn new skills in various outdoor recreation activities and games that you may choose to use for a lifetime. In order to accomplish this goal you will have to participate, exercise, and become involved.

## *DRESSING OUT*

**SHOES-** Students do not “dress out” for Adventure, but there is an expectation of wearing gym shoes EVERY DAY for the activities we do indoors and outdoors. It is the student’s responsibility to always have gym shoes available every day of class. Students are welcome to leave a pair of shoes in an assigned auxiliary gym locker or in the Adventure storage area to use when needed. (Students will not be allowed to go to their lockers to get shoes once the bell rings for class to start)

**CLOTHING-** Students will be participating in a wide range of indoor and outdoor activities. Dress must be appropriate!!! Shorty-shorts, tank tops, skirts, dresses, and tight, skinny jeans are not acceptable dress for a P.E. class! Please dress for a workout that will include stretching, upper body and lower body strengthening, balancing (sometimes upside-down), abdominal workouts, hiking outdoors, jogging, and rock climbing.

## ***GRADING***

All Physical Education grades are heavily based on participation. This means you have to attend class regularly to learn the content. There is also a considerable amount of knowledge a student must master to be successful in Adventure class. Again, you must be there to master this content. Students earn their grade based on the following breakdown:

**Adventure Skills, Tests and Writings, Group Work 90%-** Your grade is primarily based on your level of effort and attitude, not how high up you climb. Like all other PE classes, you have participation points available per class meeting. If you “sit out” you lose all of those points. Points are earned by regular attendance, positive group participation, diligent individual participation, clean up, gear and classroom maintenance. Your grade also includes safety quizzes, checking for understanding of new skills- oral, written, and performance format. Tests are practical: you prove you can do what’s asked by doing it, talking about it, writing about it, drawing it, or teaching it to a classmate.

**Workout Progress, No Cell Phone, and Appropriate Dress 10%-** this includes workout and strength progress towards individual goals set at the beginning of class. It also allows students to earn points for dressing appropriately for class and leaving their cell phone in their backpack or locker the entire class. Students who are on their phones, not dressed appropriately and/or do not exercise will not be able to earn an A in this class.

### **Adventure Class MAKEUP POLICY**

IF YOU MISS A CLASS it must be excused in order to make it up! Any class work, or assignments missed must be made up within a week of absence.

Students may pick several options to make up a class. For Adventure Physical Education, make-up activities include visiting a State Park during the weekend to hike, bike, bird watch, volunteer clean-up or any other active outdoor activity. Documentation for this includes a park information pamphlet, and photos taken on your phone engaging in the outdoor activity. Another option for making up absences is to come in on Monday mornings for Open Wall/Access Time in the Aux. Gym. Every Monday from 7:15-8:15am the Aux. Gym is open to Adventure students to make up absences or get extra help on Adventure class curriculum.

## ***More Student Information and Safety Issues-***

In order to assure the safety of everyone during class time, it is imperative that each student accepts and abides by the following adventure classroom rules:

### **1. Disconnect!**

a. **This means NO CELL PHONES!!!!** You cannot remain SAFE in this class when there is a cell phone on or near your body. Lock them up, out of sight, and plan on completely disconnecting during this class every day. Cell phones, iPods and the like are generally unwelcome in classrooms at Eaglecrest, as they can be an intrusion on your education. In Adventure, they create a distraction which becomes a safety issue.

### **2. Take Care of Your Body**

a. WATER bottles are allowed and encouraged. (No food, pop, or gum will be allowed in the gym).

b. NUTRITION- This is a P.E. class- please come to class with energy from nutritious foods you have put into your body. It will be a harder challenge to participate if you didn’t eat breakfast or lunch and have an empty stomach. Fuel your body!

c. SOBRIETY- it is NEVER OK to come to class under the influence of prescription drugs, illegal drugs, marijuana or alcohol. Your classmates’ life depends on your clear thinking at all times.

### **3. INJURY OR ILLNESS**

If you are sick, please do not come to school. Stay home and come to class when you are healthy enough to safely and fully participate. If an injury or illness occurs during class, students must report it

immediately to their instructor. If a student cannot participate in class, they are required to bring a **note from a doctor (not a parent)**, with recommendations for alternate activities/rehabilitation and excusing them from the day's activities. Notes from doctors that excuse you from full participation are counted as an excused absence and will need to be made up to receive that day's activity points back.

### **5. Athletes**

a. If you are currently in-season playing a sport at EHS, you are still expected/required to participate fully in class. This includes participation on game days, after rigorous games the day before, and during pre-season workout windows. This class will not interfere with your game performance if you participate!

b. Additionally, if you are sore from your extracurricular sports, that is not an acceptable reason to sit out of your Adventure P.E. class. Please take care to recover your body after you play, and as always, warm up with the class at the beginning and try your best even if your muscles are sore.

### **6. Safety-**

Together we will create an Adventure class that is a safe place physically and emotionally. We only grow when we risk stepping outside of our comfort zones, so the need for safety is obvious. That's why students and parents are asked to sign the student contract. This is a contract between the student and this program. If you don't hold up your end of it, you will be removed from the class.