
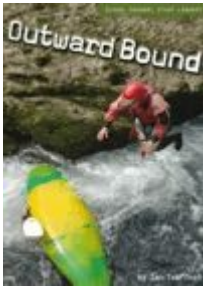



<p><b>Level 4: The Outside Experience.</b></p>	<p><b>Managing self</b>, relating to others and contributing and participating.</p>
<p>Pt 4. No 1. 2002    SJSJL 2010    Reading Yr 5</p>   <p>Pt 4. No 1. 1996</p> 	<p><b>The Big Jump.</b> Philip Waller. Pt.4. No 1 2002 It takes nerves of steel to climb the ladder to the rickety, wooden platform of the flying fox. The toughest kid in the school is spooked.</p> <p><b>Outward Bound.</b> Ian Trafford. SJSJL 2010 This action packed text recounts Sam’s experience on an Outward bound course with his Dad. Sam goes on a life-changing journey as he tries kayaking, rock climbing, sailing and camping.</p> <p><b>Dear Mum.</b> Penny Chambers. Pt4.No1. 1996 Penny writes a letter to her mother describing her participation in a nine day Outward bound course. She writes about what she does and how she is feeling as she tackles the challenges she meets.</p>
<p><b>Key Competency goals</b> <u>Key competency of self-management</u> To identify what it means to be self-managing, in particular setting goals, building a repertoire of physical and mental strategies to meet and overcome challenges.</p>	<p><b>Literacy Goal</b>  To identify relevant information in a text, and consider how it links to other information, in order to reach a conclusion.</p>
<p><b>Specialised vocabulary:</b> bivouac, capsizing and ejecting upside down, enforced solitude, Outward bound, Anakiwa, Pelorus River, “ollie” or hand plant.</p> <p><b>Interest vocabulary</b> qualities, curiosity, compassion, memorable, shingly, launch, solitary sites, chugged away, cutter, yodel, scaled, gamut, ecstasy, teeter, sniffing whimper, tack, stalemate, safety harnesses.</p> <p><b>Simile</b> the class...look like centipedes, clings to me like an octopus, <b>Metaphors</b> butterflies in my stomach, eyes glued to a spot ..,centipede lines have broken up. <b>Personification:</b> wind ruffling our hair and tugging our clothes. <b>Onomatopoeia:</b> whooshing, whump,</p>	
<p><b>Purpose:</b> To identify and describe how the characters manage themselves in an unfamiliar environment.</p>	
<p><b>Task 1</b> 1.Think about a time you faced a physical and or mental challenge eg. climbing a large hill for the first time; learning to ride a bike or skateboard; pitching a tent or overcoming a fear. Choose <u>one</u> event and describe it to a partner.</p> <p><i>How did you feel? Were you successful? If so what helped you to meet the challenge?</i></p>	<p><b>Other resources</b> <b>Orongorongo tramp</b> (Poem.) Part 4. No 1. 1996 Peter Watson. This poem uses the extended metaphor of a war as a way of explaining the difficulties experienced towards the end of a tramp when tiredness creeps in.</p>

2.The people in the two articles below are facing both physical and mental challenges as they try out new activities.

**Read Out ward Bound** Ian Trafford and **Dear Mum** Penny Chambers.

3.Both authors recount a number of challenges on their outdoor experience. Analyse and synthesize the information in the texts and:  
**a)Review** the texts and list four or five of these eg. Participating in the two-night solo experience for Penny, rock climbing for Sam and Penny.

**b)Choose** one of the challenging experiences described by Sam or Penny.

**c)Describe** the experience (Add this to Fig 1 below) and **then identify** :

- *What did s/he do to manage fears and achieve her/his goal?*
- Find evidence in the text to support your comments. (Add this to the graphic organiser. Fig 1).
- *Why do you think Penny was given paper and pen? How might this have helped her?*

Tips on how to analyse and synthesize this information.

**Analysing** is breaking up the information to examine it in a different way to help us understand.

**1.Scan** the articles, looking for information that provides you with clues about the strategies used to overcome challenges.

**2. Identify** information such as :

Eg. *I have have a cold from our shipwreck. We have talked it over and realise that it is another example...to stretch you..*

**3.Summarise** information to focus on the event and strategy used: *One of the strategies Penny used to make sense of her experience was to talk it over with others*

**Synthesising** is combining multiple sources or ideas to form a conclusion.

*In this case to examine a number of strategies that helped people overcome physical challenges.*

## Task 2

1.Read **The Big Jump**

- *What happened to Big Daddy (Charlie) on his first attempt at the flying fox?*

**2. Imagine** the thoughts that were going through Big Daddy's head.

**Write** these in the thought bubbles.(Fig 2) provided.

- *How could he change what he is thinking to help him overcome his fear?*

**3. Brainstorm** some positive goal-focussed thoughts that might help him to overcome his fear.

**Add** these new thoughts to the thought bubbles.

- *How might this new line of thinking help Big Daddy change his approach on the flying fox?*

**Discuss** with a partner

<p>4. When do you think you might need/want to use this strategy to help you overcome a fear or meet a challenge? I need to use this strategy when I</p> <hr/> <hr/> <hr/>	
<p><b>Task 3</b> After your own outdoor education experience.</p> <p><b>1. Review</b> the new experiences you had. <b>Identify</b> one experience that you found challenging.</p> <ul style="list-style-type: none"> <li>● If you have written a diary look at what you did and <u>how</u> you succeeded.</li> <li>● Also <b>think</b> of some of the strategies you read about in the journals that you documented in Fig 1 and 2)</li> </ul> <p><b>Discuss</b></p> <ul style="list-style-type: none"> <li>● <i>Was there something you realised that you could do differently that would help you become more successful?</i></li> <li>● <i>What was it? Is it something you can use in other situations?</i></li> </ul> <p><b>Either</b></p> <p><b>2a) Take photos</b> of this experience and <b>jot down</b> what the challenge was and how you overcame the challenge.</p> <p><b>And /or</b></p> <p><b>b) Write a letter/email</b> to someone important to you telling them about how you met and over-came a challenge. What strategies did you use?</p>	
<p>How effective was I in achieving my <b>literacy goal</b>?</p> <p><i>What did I do well?</i></p> <p><i>What do I still need to work on?</i></p>	<p>Was I able to <b>locate</b> the information relevant to the reading purpose?</p> <p>Was I able to <b>take notes</b> that helped me achieve the purpose?</p> <p>Was I able to <b>break</b> information into parts to gain new ideas?</p> <p>Was I about to <b>make inferences</b> by using clues in the texts to think about how challenges were overcome?</p> <p>Was I able to effectively <b>combine</b> the new ideas together to arrive at a satisfactory conclusion?</p>

<p>How effective was I in achieving the key competency of self-managing.  <i>What did I do well?</i></p> <p><i>What do I still need to work on?</i></p>	<p>Was I able to identify a repertoire of physical and mental strategies to meet and overcome challenges?</p>
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<b>Fig 1</b>			
<b>Character</b>	<b>An event described</b>	<b>Strategy to help overcome fear</b>	<b>Feeling</b>
Sam	<p>I'm scared of heights            I grip the rope like King Kong.            My heart pounds in my ears and my hands start to sweat.            Little by little I climb higher.            When I am almost at the top, I freeze.</p>	<p>Is given encouragement from someone else.</p>	<p>I reach out. I find the handhold... I'm on top of the world</p>
Penny			

<b>Fig 1</b>			
<b>Possible solutions</b>			
<b>Character</b>	<b>An event described</b>	<b>Strategy to help overcome fear</b>	<b>Feeling</b>
Sam	I'm scared of heights. I grip the rope like King Kong. My heart pounds in my ears and my hands start to sweat. Little by little I climb higher. When I am almost at the top, I freeze.	Given encouragement from someone else.	I reach out. I find the handhold... I'm on top of the world
Penny	I had to hook myself around a rock to avoid rolling over the edge, and it was appallingly uncomfortable. Also, there was a sort of woofly sound coming from somewhere...	Wrote her thoughts down as she is going through the experience.	I am alone, completely alone.
Sam	We have to swim ashore. It's getting dark, and the water is cold.	Draws on the support of the rest of the team.	Now I'm struggling...I need help and encouragement from the team.
Sam	I take a deep breath, roll my kayak over, and hang upside down in the water...	Think about an activity in a positive way.	You can be cold, wet and <b>miserable</b> or just be cold and wet."

Penny	A really funny thing has happened....Trampers ! they'll insist on talking to me...	Using her sense of humour	Then I realised the trampers had four legs-they were wild goats!
Penny	I clambered down to my little beach just a bit low... Everyone has been instructed to pick up something to symbolise each person in the group.	Eating something ...distracting herself by keeping busy.	a rather soggy apple ...revived me. I feel a complete wreck at the moment, but deep down I have done really well so far.

<b>Figure 2</b>	
Write the thoughts that Big Daddy may have been having that were <b>not</b> helping him overcome his fear.	Write the thoughts that Big Daddy needed to have to help him overcome his fear.