

# Sport & Other Features

## Outdoor Education



The School's Outdoor Education program enjoys a high profile amongst South Australian secondary schools, with most senior Outdoor Education students taking part in the Duke of Edinburgh's Award. Local, interstate and occasional overseas expeditions are organised and include activities as varied as bushwalking, skiing, rock-climbing and kayaking. The Outdoor Education program activity begins in the Preparatory School, continuing into the Senior School. Year 9 students undergo an annual Outdoor Education program activity in the Flinders Ranges while Year 10 students attend a 12 day training course at the School's 68 hectare outdoor education site and farm at Milang. Activities include sailing, canoeing, orienteering and camping.

An example of Outdoor Education expeditions available throughout the year include:

- introduction to sea kayaking at Victor Harbor (3 days)
- bushwalking at Deep Creek (3 days)
- bushwalking in the Flinders Ranges (3-4 days)
- cross-country skiing at Falls Creek (7 days)
- rock climbing / rafting / bushwalking in Tasmania
- mountain biking in the Flinders Ranges



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### Adventure Campsite



#### WESTVENTURE

Westventure is a long-held tradition at Westminster and is a highlight of our students' school life. The two week camp for Year 10 students, held in first term at Point Sturt, Lake Alexandrina, includes both aquatic-based (sailing, canoeing) and orienteering camping activities.

#### CAMPS

A number of year and subject camps are available for students. These include:

<b>Year 8</b>	Introduction to Outdoor Education (3 days)
<b>Year 9</b>	Flinders Ranges (5 day camping trip)
<b>Year 10</b>	Westventure (12 day aquatic/ camping experience)
<b>Years 10/11</b>	Agriculture Studies camps
<b>Year 12</b>	Geography PES – South-East South Australia
<b>Year 12</b>	Outdoor Education SAS camps



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### Duke of Edinburgh's Award



The Duke of Edinburgh's Award is a challenging, practical program for young people aged 14-25 years. Participation and attainment of Bronze, Silver or Gold Awards can complement both academic and non-academic school activities. Westminster School offers the largest Duke of Edinburgh's Award program in South Australia. In 2001, 14 out of the 40 Gold Award recipients were from Westminster School. The basic aim of this internationally recognised program is to encourage young people to use their leisure time in a worthwhile manner.

#### Award Components

To gain an award a young person takes part in all of the following areas for each award level:

##### *Community service*

The aim is to encourage participants to serve others and develop both an awareness of the needs of their local community and a sense of their own responsibility, eg first aid course, fund raising, lifesaving or hospital volunteer work.

##### *Skills / interests*

Participants choose a hobby or a topic of study and are required to show progress and sustained interest in their subject over a certain time, eg music, debating, woodwork, chess, photography, stamp collecting.

##### *Physical recreation*

Participants are required to take part in some form of physical recreation and achieve individual fitness, eg school sport, jogging, jazz ballet, sailing or judo.

##### *Expeditions*

The aim is to encourage a spirit of adventure and discovery about oneself and others. Through training and practice trips, students should develop a high degree of self-reliance in their final expeditions, e.g. bushwalking, kayaking, cycle touring, rock climbing or sailing.

##### *Residential Project (Gold Only)*

Participants must undertake a shared activity away from home for a period of five days in the company of others, eg YMCA volunteer leader, *One-and-All*, sports coaching course.

#### The Award at Westminster

Students 14 years or over may start the Award at any time and take as long as they like to complete each level. Students who meet the special age criteria may become direct entrants at Silver or Gold level. If students desire, they can complete the entire Award program while in their school years. This program generally runs as follows:

##### *Bronze Award - Term 3 Year 9*

Age 14 years (minimum 6 months to complete)

- Service: Red Cross First Aid Course Term 4, Year 9 in preparation for Westventure plus an additional nine hours of community service.
- Expedition: Practice Journey is a weekend bushwalk in Mt. Lofty Ranges, Year 9 Term 4. Test Expedition is the Westventure, three-day expedition.
- Skills: (six months) Pursue a personal interest or hobby.
- Physical recreation: (eight weeks) Select a sport or dance etc.

##### *Silver Award - Term 3 Year 10*

Age 15 years (minimum six months to complete)

- begin Silver Award

##### *Gold Award - Year 11*

Age 16 years (minimum 12 months to complete)

- start planning and completing Gold Award level.

