

Camp Champion

Year 7-10 Program



From the moment you arrive, you'll be paired with your own Champion Life Coach—a supportive mentor who will walk alongside you through an unforgettable journey of self-discovery and identity building. Together with your fellow team members, you'll take on carefully crafted challenges that stretch you physically, mentally and emotionally.

Over the 4–5 day residential camp, you'll tackle engaging, hands-on activities designed to help you learn about yourself and how you work with others. You'll communicate and cooperate to create a team flag, build & paddle a canoe, build a shelter undertake bush cooking activities, perform surf rescues at the beach, climb the high ropes course and finish with the Amazing Race Finale.

Each activity not only tests what you know or can do—but offers space to reflect on how you act under pressure, support others, respond emotionally, and step into new roles, symbolising honest self-reflection and growth.

Ready to lead your own learning journey? Camp Champion equips you to become your own champion—stronger, braver, kinder, smarter. Camp Champion isn't just camp—it's a catalyst for uncovering the best version of you. Ready to lead your own growth adventure?

CURRICULUM LINKS



Critical and Creative Thinking

- *Inquiring (Develop questions, Identify, process and evaluate information)*
- *Generating (Create possibilities, Consider alternatives, Put ideas into action)*
- *Analysing (Interpret concepts and problems, Draw conclusions and provide reasons, Evaluate actions and outcomes)*
- *Reflecting (Think about thinking (metacognition), Transfer knowledge)*



Personal and Social Capability

Every task and reflection is designed to build key Personal and Social Capabilities from the Australian Curriculum:

- *Self-awareness: Recognise your emotions, values, strengths and identity.*
- *Self-management: Develop initiative, resilience, self-control and goal-setting strategies.*
- *Social awareness: Understand and respect others' perspectives and feelings.*
- *Social management: Learn effective communication, teamwork, leadership and conflict-resolution.*

GENERAL CAPABILITIES

Inquiring

AC9HP7-10I01 – Develop questions, identify, process and evaluate information

- *Students generate meaningful questions about themselves and team dynamics during challenges*
- *Reflect on and evaluate personal experiences and group interactions*

Generating

AC9HP7-10G01 – Create possibilities, consider alternatives, put ideas into action

- *Develop new strategies and solutions in physical and teamwork activities like canoe building and problem-solving*
- *Apply ideas actively to meet challenges throughout the camp*

PROGRAM OVERVIEW



Analysing

AC9HP7-10A01 – Interpret concepts and problems, draw conclusions and provide reasons, evaluate actions and outcomes

- Interpret personal reactions and group dynamics under pressure
- Reflect on performance, strengths, and growth areas with reasoned self-assessment

Reflecting

AC9HP7-10R01 – Think about thinking (metacognition), transfer knowledge

- Practice metacognition by reflecting on how they think and behave in challenging situations
- Apply insights gained to future challenges and personal growth

Personal and Social Capability

Self-awareness

AC9HP7-10P01 – Recognise emotions, values, strengths and identity

- Identify and reflect on personal emotions, values, and strengths through camp activities and discussions

Self-management

AC9HP7-10P02 – Develop initiative, resilience, self-control and goal-setting strategies

- Build resilience and self-regulation skills during physically and emotionally demanding tasks

Social awareness

AC9HP7-10P03 – Understand and respect others' perspectives and feelings

- Develop empathy and respect while working collaboratively in teams

Social management

AC9HP7-10P04 – Learn effective communication, teamwork, leadership and conflict-resolution

- Strengthen communication, leadership, and conflict-resolution skills through group challenges and reflections

CARA's

- Bush Cooking
- Challenge high ropes
- Challenge low ropes
- cycling & Scooter riding
- Kayaking & Canoeing
- Movement over uneven surfaces
- Raft Building
- Residential Camping
- Swimming in locations other than pools
- Team Building High
- Science activities

LEARNING INTENTIONS

WHAT... are we learning?

We build four essential life skills, each developed through intentional camp experiences:

- Reliability – taking on responsibilities like cabin care, meals, and team roles; others can count on you to follow through.
- Problem-solving – navigating challenges like unexpected changes, team activities, or everyday tasks using creativity and flexibility.
- Empathy – reaching out to support others, listening deeply, and helping campers feel included and valued.
- Courage – taking healthy risks—like climbing, speaking up, or trying new experiences—growing confidence through safe failure and encouragement.

WHY ... should we be a Camp Champion?

- To grow in confidence by overcoming personal fears or uncertainties to build self-belief and courage
- To become dependable team members who support each other

HOW ... will you know you're successful?

- You rise to challenges with courage and reflection — after an activity or task, participants can share their feelings and experiences. This reflects growth in courage and problem-solving.
- You consistently contribute with care and responsibility — by completing group roles and supporting peers, you show reliability and empathy in action.

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BIEEC PEDAGOGY

Our student-centred learning approach focuses on hands-on, interactive activities that engage students and encourage exploration. By allowing students to take ownership of their learning and set personal goals, they develop independence and critical thinking skills. Teachers act as mentors, supporting students by asking questions throughout their learning journey to assist with building a lifelong love of learning.

SAMPLE ITINERARY

Please Note: This is a SAMPLE itinerary and your Program Manager will forward your individual program shortly.

Tide	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast+		7:00	7:00	7:00	6:45
Intro*	10.30am* Arrival & bag drop to cabins Welcome & Acknowledgement of Country Positive Primers/ Name tip thinking	7:45 + Cabin Inspection river scooter/ walk 8.15 +Kick Start Activities.Are you prepared? checklist. 8.45 *Whole group check in 8:50 *Morning Circle – Greeting / Primer / Gratitude	7:45 + Cabin Inspection river scooter/ walk 8.15 +Kick Start Activities.Are you prepared? checklist. 8.45 * Whole group check in 8:50 *Morning Circle– Greeting / Primer / Gratitude	7:45 + Cabin Inspection river scooter/ walk 8.15 +Kick Start Activities. Are you prepared? checklist. 8.45* Whole group check in 8:50 *Yarning Circle– Greeting / Primer / Gratitude	7:15 + Pack up cabins / cabin inspection / Emu parade / 8.15 +Kick Start Activities – 'Are you prepared' checklist? 8.45 * Whole group check in 8.45 *Morning Circle – Greeting / Primer / Gratitude
Session 1*		9.00 Gi-Gum- Connect – Awoonga Dam Adventure Challenge – hike & canoe Wandara – Co-operation Challenge	9.00 Wandara – Connect– Awoonga Dam Adventure Challenge – hike & canoe Gi-Gum – Co-operation Challenge	9.00 Gi-Gum- High Ropes Challenge– self belay Wandara – Surf awareness / beach games	9:00 – Wandara & Gi-Gum– Amazing Race
M/T+	11:00 @ BIEEC	10:30 @ BIEEC/ Awoonga dam	10:30@ BIEEC / Canoe Point	10:30@ BIEEC / Tannum beach	10:00 @ BIEEC
	11:20 * Student Ipad induction of BIEEC / Teacher Induction 12:15 Camp Champion 'Call to action!' Form team & move to shelter – Gi-Gum / Wandara Game / Name tip Student centred learning intro – BIEEC star Champion Coach's Ipad intro / goal setting Gi-Gum & Wandara – Team flag design	Continue activity 11:30 * Reflection	Continue activity 11:30 * Reflection	Continue activity 11:30 *Reflection	10:15 Continue Amazing Race 11:00 – Camp reflection Verbal discussion, Camp Self-reflection Unlocking the chest
Lunch+	1:00	11:45 @ BIEEC Gi-Gum @ Awoonga	11:45 @ BIEEC	11:45 @ BIEEC	11:45 @ BIEEC
Session 2*	1:45 Gi-Gum & Wandara: Communication activities rotation – pass the water, rail ball & string ball- if time permits	12.30 Wandara – Remote Survival Challenge – Bush cooking & shelter building 1:15 Gi-Gum depart Awoonga 1:45 Gi-Gum- enviro art / clownfish / VR	12.15 Gi-Gum - Remote Survival Challenge – Bush cooking & shelter Building 1:15 Wandara depart Awoonga Wandara – enviro art/ clownfish / VR	12.15 Gi-Gum- Surf Awareness Challenge / beach games Wandara – High Ropes Challenge- self Belay	12:30 whole group final check in @ Tucker Tent thank you and farewell 1:00 *Depart
Reflect*	2:30 Bravo box reflection/Announcement	2:45 Bravo box reflection/Announcement	2:45 Bravo box reflection/Announcement	2:45 Bravo box reflection/Announcement	*Denotes – activity taken by BIEEC staff with visiting school staff support # Denotes – activity taken by visiting school staff with BIEEC staff support + Denotes – activity taken by visiting school staff
A/T+	3:15	3:15	3:15	3:15	
Recreation Time	+ Cabin allocation and set up /Recreation activities (visiting teacher to organise) / Showers	+ Recreation activities (visiting teacher to organise) / Showers	+ Recreation activities (visiting teacher to organise) / Showers	+ Recreation activities (visiting teacher to organise) / Showers	
Dinner	6.00	6.00	6:00	6:00	
Session 4+	7.00 + Visiting School Activity (Aus Identities Personality Quiz- BIEEC to provide resources) 9:00 + Bed preparation	7.00+ Visiting School Run Activity / * BIEEC organised activity 9:00 + Bed preparation	7.00 + Visiting School Run Activity 9:00 + Bed preparation	7.00 +Visiting School Run Activity - 9:00 + Bed preparation	



Students and adults will need:

- Appropriate clothing for a week long camp
- Clothes that can get wet, muddy or dirty
- Two pairs of closed shoes, one that can get wet plus a pair that will stay dry.
- Sun-safe clothing and hat
- Sunscreen and insect repellent already applied
- Water bottle

Catering: External caterers supply, cook and serve food