

Operation Champion

Year 7-10 Program



From the moment you arrive, you'll be welcomed by the Commanding Officer and enlisted into Operation Champion. You'll take part in a series of training exercises designed to challenge you physically, mentally and emotionally while developing your ability to work as part of a team.

Across the 4-5 day residential program, you will complete hands-on operations including designing a team flag, kayaking, constructing a shelter, bush cooking, surf rescues, the high ropes course, and the Amazing Race Finale.

Throughout Operation Champion, your growth is tracked using your Champion Compass. The compass focuses on four key qualities: Courage, Reliability, Empathy and Problem Solving. After each activity, you will reflect on your growth and place a marker on your compass to show your development.

Each operation is designed to challenge how you think, act and respond under pressure. Whether you are stepping outside your comfort zone, supporting your team, communicating clearly or solving problems, each experience strengthens your Champion Compass.

By the end of the week, you will see how you have developed across all four areas. The final operation brings everything together in a team-based challenge requiring all four compass skills.

Operation Champion is a journey of challenge and growth designed to build confidence, resilience and teamwork.

Build your Champion Compass. Complete Operation Champion.

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.



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.

	Tuesday 12 th May	Wednesday 13 th May	Thursday 14 th May	Friday 15 th May
Tide				0741 3.87 1357 0.56
Breakfast+		7:00	7:00	6:30 Pack Up Cabins and luggage 7:00
Kick Start	10:30 * Arrival Welcome, Cabin allocation and cabin bag drop Acknowledgement of Country Positive Primers /Name tip introduction 11:00 Morning Tea	7:45 + Cabin Inspection / river walk 8.15 +Kick Start Activities 'Are you prepared' checklist? Y chart- Cooperate	7:45 + Cabin Inspection / river walk 8.15 +Kick Start Activities 'Are you prepared' checklist? Y chart- Respect	7:30 + Move luggage to classroom verandah / cabin inspection / Emu parade 8.15 +Kick Start Activities – 'Are you prepared' checklist?
Session 1	11:20 * Student Ipad induction of BIEEC / Teacher Induction with BIEEC staff Self-reflection tool/ Chant / goal setting Australian Curriculum links	9:00**CHALLENGE** Wandara – Search and Rescue – Awoonga Dam Kayak Adventure	9:00 **CHALLENGE** Wandara – Higher Ground – High Rope Challenge	9:00 * **TRANSFORM** Reflection of camp (Verbal and self-reflection tool)
M/T+	12:15 'Call to action!' Form squadron & move to shelter area –Wandara 'BE a BIEEC star' - student centred learning intro Let the journey begin	10:00+ W @ Lake Awoonga Group activities continued	10:00 + W @ BIEEC Group activities continued	9:50 + Morning Tea @ BIEEC 10:20 Final Challenge – Shoreline – Bus to Tannum Beach to begin final mission
Lunch	1:00 + BIEEC	11:45 +@ Lake Awoonga	11:45 + @ BIEEC	12:15+ @ BIEEC
Session 2	1:45* Wandara COMMUNICATE - communication games – Rail ball, Zig Zag water pass, ball and string	12:30* Wandara– Continue Awoonga Dam Canoe Adventure Arrival back to BIEEC Final Teambuilding challenges	12:30* Wandara – Operation Remote Survival – Bush cooking and shelter building	12:45 * BIEEC Sharing / camp thank you and farewell @ tucker tent 1:00 +Depart
Reflect	2:45 *Reflection – Bravo time 3:00 Y Chart – Communicate	2:45 *Star Reflection – Bravo time	2:45*Star Reflection – Bravo time	*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	
Recreation Time+	+ 3:30-4:30 Recreational Activities (visiting teacher to organise, BIEEC can supply ideas and equipment) +4:30-5:45 Showers / Power down activities	+ 3:30-4:30 Recreational Activities (visiting teacher to organise, BIEEC can supply ideas and equipment) +4:30-5:45 Showers / Power down activities	+ 3:30-4:30 Recreational Activities (visiting teacher to organise, BIEEC can supply ideas and equipment) +4:30-5:45 Showers / Power down activities	
Dinner+	6:00	6:00	6:00	
Night Session+	+ Visiting school facilitated activity 9:00 Bed and lights out	+ Visiting school facilitated activity 9:00 Bed and lights out	+ Visiting school facilitated activity (Campfire Night) 9:00 Bed and lights out	



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

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