



“Empowering Extraordinary Minds”

Overview

Monumental Mountains

Year level flexible from Year 6 onwards

Students are set to conquer the mighty Mt Larcom in this outdoor adventure pursuit. Explore the native flora and fauna while learning about navigation and topographical mapping, use a compass and survey the landscape including ridges, saddles, gullies etc. Focussing on personal and social awareness, students will have their resilience tested and explore their emotions as they work together to help everyone succeed. Students are treated with 360 degree views of the Gladstone region at the summit and celebrate the remarkable achievement with a self-reflection activity. *This challenge requires a moderate degree of fitness but is achievable for students year 6 and up.*

Curriculum Intent

All year levels link to the Australian Curriculum strand:

GENERAL CAPABILITIES: PERSONAL AND SOCIAL CAPABILITY

- Self and Social Awareness
- Self and Social Management

Year 6 – Level 4

Year 7 & 8 – Level 5

Year 9 & 10 – Level 6

Itinerary

Learning Intentions:

WHAT... are we learning?

To push yourself out of your comfort zone and persist with a challenging task. Recognise emotions, set goals and recognise personal qualities

WHY ... are we learning this?

Sometimes we are not aware of how far we can push ourselves, this ultimate challenge provides opportunities to set your goals and persist with challenges.

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

Use positive talk to motivate self and others

Recognise your emotions and personal qualities

Reflect upon your experience

Students and adults will need:

- Closed in shoes
- Sun-safe clothing and hat
- Sunscreen and insect repellent already applied
- Water bottle
- Morning tea and lunch (litter-free)
- Back pack

CARAs

- Movement on uneven surfaces
- Bushwalking Mt Larcom

***Suggested Timetable of the day (subject to change)**

EMPOWERING EXTRAORDINARY MINDS	TIME	ACTIVITIES	
		ALL CLIMBING TIMES ARE APPROXIMATE	
	7:30	Arrive at Mt Larcom BASE Camp for reminder of day expectations, safety brief and warm up	
	7:50	Commence climb with first stop at rainforest creek crossing for snack.	
	8:50	Rest break at picture frame	
	9:50	Rest break at grassy tree flat	
	11:00	Climb summit and have lunch	
	11:40	Start the descend	
	12:40	Rest stop at grassy tree flat	
	1:15	Rest stop at picture frame	
1:45	Rest stop at rainforest creek crossing		
2:15	Return to base camp – Group reflection		
2:30	Departs from Mt Larcom base camp		
*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			