

Stage 3 – PD/H/PE Student Leadership

Kincumba Mountain/Avoca Lagoon

Program Overview

The Student Leadership program provides an opportunity for students to learn leadership skills through a range of activities designed to encourage teamwork, communication, problem solving and leadership. The day can be run at Kincumba Mountain or Avoca Lagoon depending on whether your schools prefer to do kayaking or a bushwalk as the optional activity. We can also support your students to plan a sustainability project.

Key Questions

1. What makes a good leader?
2. What skills and qualities do effective leaders have?
3. Are there different types of leaders?
4. What actions and strategies can leaders implement to promote wellbeing?

Learning Experiences & Content

Initiative Activities

Train Tracks activity

- Students will work in teams of up to 6 students to use 'train tracks' to move from one point to another. This activity fosters good teamwork, negotiation and communication skills.

Marble Run

- In groups of 4-6, students must work together to get a marble from point A to point B, using only small pieces of pipe. This activity fosters cooperation, communication and perseverance.

Magic carpets

- In groups of 4-6, students use carpet squares to cross a "canyon of lava". This activity promotes communication, cooperation and teamwork.

Magic spot

- Wellbeing is especially important for leaders. Students will sit quietly and reflect and recharge in nature.



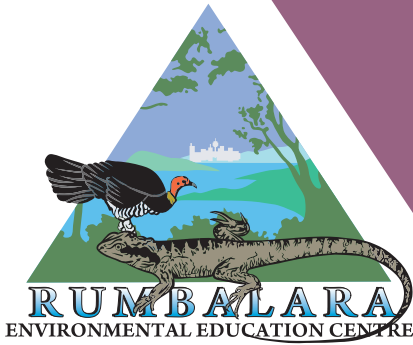
Optional Activities

Bushwalk

- Students will go on a bushwalk in Kincumber Mountain Reserve to explore the forest environment and view a unique Aboriginal site.

Kayak

- Aquafun Avoca will provide Kayaks and run team games such as a treasure hunt for rubber ducks hidden on the lagoon and team races. This option costs an extra \$12 per student (minimum 20 students).



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Outcomes

PD/H/PE K-10

- ✿ **PD3-1** identifies and applies strengths and strategies to manage life changes and transitions.
- ✿ **PD3-3** evaluates the impact of empathy, inclusion and respect on themselves and others.
- ✿ **PD3-5** proposes, applies and assesses solutions to movement challenges.
- ✿ **PD3-7** proposes and implements actions and protective strategies that promote health, safety, wellbeing and physically active spaces.
- ✿ **PD3-8** creates and participates in physical activities to promote healthy and active lifestyles.

