Stage 1 and Stage 2 Outdoor Education

The reflective practice learning process

* Identify the activity and the range of skills you want to apply and progress.
* Research and identify what elements/features represent a high level of skill in this activity – what can/does a person highly skilled do?

Describe your experience applying these skills

* What happened?
* When and where did you apply the skills?
* What were the conditions?
* Any other thoughts you have about the experience?

Reflection

* What did you do well?
* What was difficult or challenging?
* What did it feel like?
* Were there other factors that influenced the situation e.g. weather conditions, others etc?
* What did you learn about applying the skill/s?
* What have you learnt about yourself during the experience?

Theorising/evaluating

* How did you application of the skills compare to your understanding of what a high level of skill represents?
* How did your application of the skills compare to others?
* How did your peers/teachers assess your skills?
* How did the experience match your preconceived ideas, i.e. was your performance expected or unexpected?
* What factors do you think could have changed the outcome?
* What else could you find out about the skill you are learning/applying?
* What aspects will you focus on or change next time?
* What do you need to do to improve further?
* What will you try?

Experimentation

* What happened in your next experience?
* What did you focus on?
* What do you think you improved on?
* What aspects did your peers or teacher indicate that you improved on?
* What were you not able to improve?
* What was difficult or challenging?
* How did the conditions compare to your previous experience? Did these have an impact?
* What progress did you make?
* What did you learn about yourself?
* How did it feel?