

2019 MOE-OBS Challenge Programme

2ND PRE-COURSE BRIEFING FOR STUDENTS

BUKIT PANJANG GOVT HIGH SCHOOL



27 – 31 May 2019



Ministry of Education
SINGAPORE



A Holistic Education

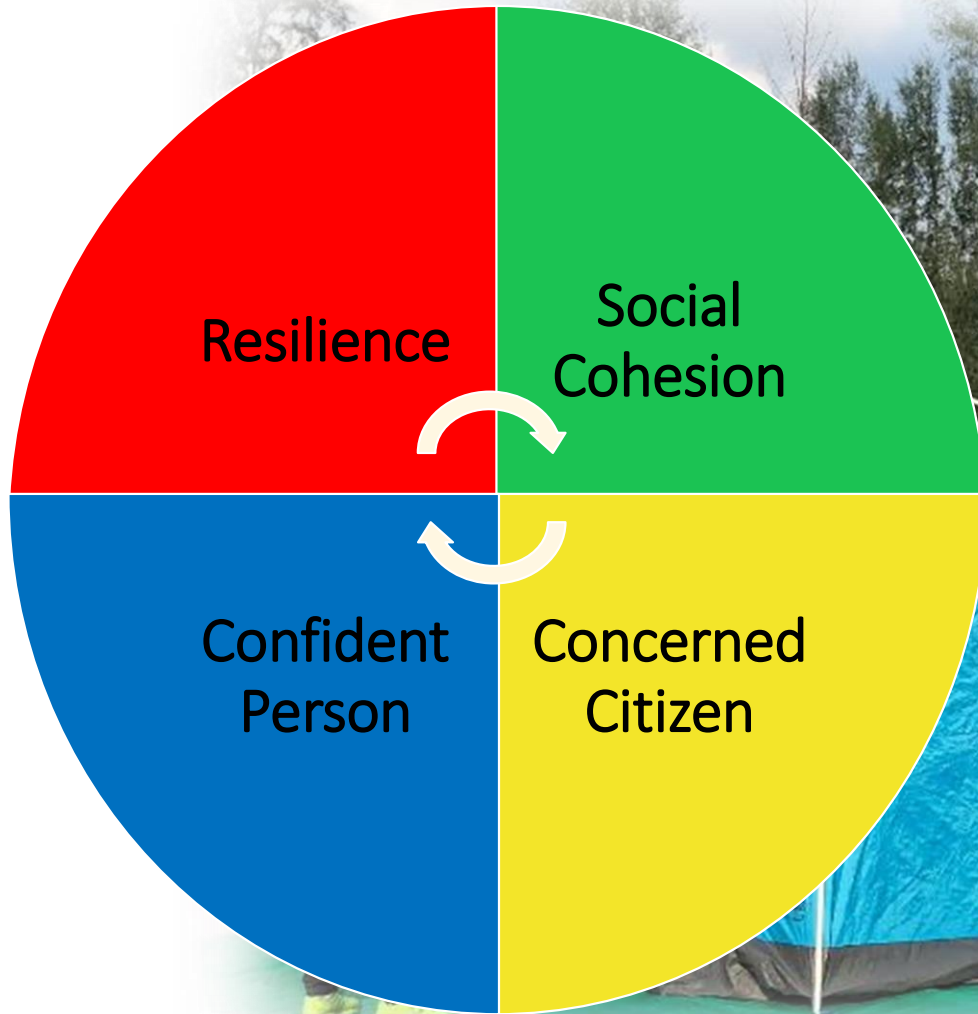


- Develop **well-rounded** individuals
- Outdoor Education (OE) provides **rich learning experiences** outside the classroom and helps our students to develop holistically, building up their **resilience and ruggedness**
- **Authentic learning experiences** help our students to develop 21st century competencies as well as competencies for **sustainable, active and healthy living**

Strengthening
Holistic Education



Learning Outcomes and Objectives



Resilience

Social
Cohesion

Confident
Person

Concerned
Citizen



3 Components



Pre-course Lessons

5-day Expeditionary
Course Conducted by OBS

Post-course Lessons

Pre-course Lessons



Outdoor Education in PE Lessons



CCE Lessons



Pre-course Lesson with Form Teacher







School Briefing to Students

Pre-course
preparation

SAMPLE 5-day course

Post-course
follow-up

Day 1	Day 2	Day 3	Day 4	Day 5
Team/ Problem Solving Activities	Adventure Activities, Preparation for Expedition	Single/Multi-Mode Land/ Water-Based Expeditions		Commitment Activity, Peer Feedback & Active Planning
				
Debriefing / Reflection Time / Peer Appraisal / Journaling				
Getting to know you & team socialisation	Building competence & confidence	Surmounting challenges as a TEAM, develop resilience as individuals, sense of achievement as a WHOLE		Peer feedback, transfer of learning

Reporting Details

WHEN	27 May 2019 (Mon) Time: 7.25am (normal) Wear PE attire (White shirt & shorts)
WHERE	Report in school
CAMPSITES	1) East Coast Campus or 2) Punggol (OBSRAC)

Dismissal Details

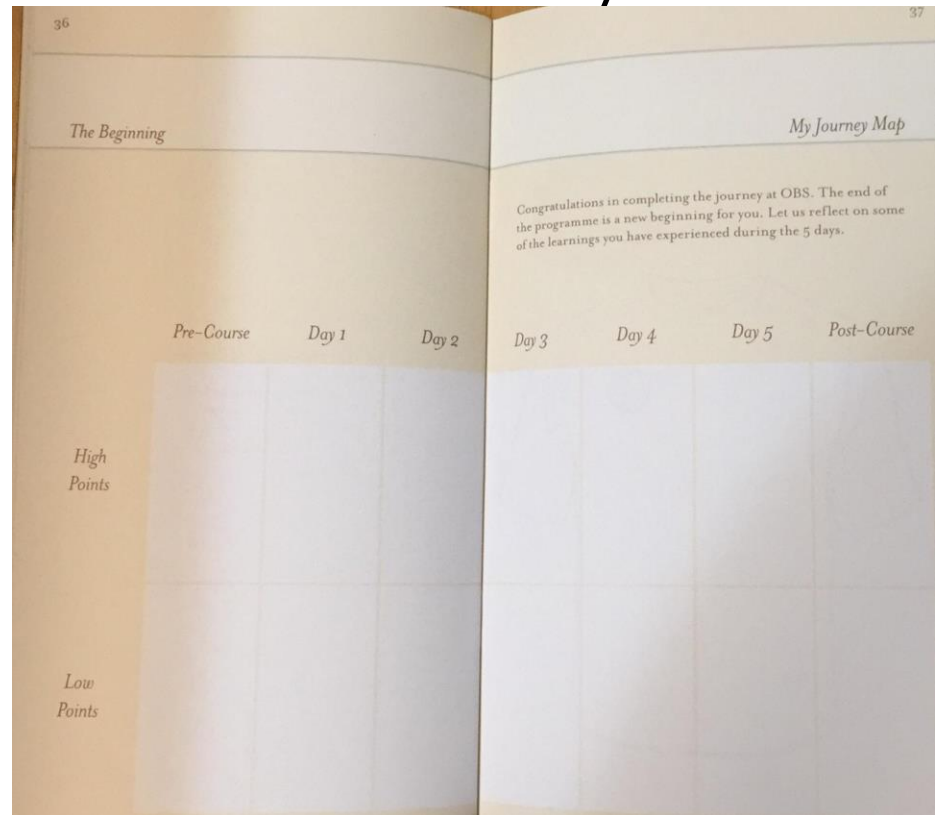
WHEN	31 May 2019 (Fri)
CAMPSITES	1) East Coast Campus - 2pm from venue - Reach school by 3pm (estimated)
	2) Punggol (OBSRAC) - 3.25pm from venue - Reach school by 4.30pm (estimated)

What to bring

- Refer to Packing List

Special Notes:

- 1) Rain gears and track pants must be readily available
- 2) OBS Journal



What to bring

- Refer to Packing List

Special Notes:

3) **Medication:**

- Prescribed medicine **MUST BE UNDER OWN NAME**
- Cannot be expired
- Declared conditions: Must bring the medicines for the condition, if prescribed by doctor
eg inhalers for those who declared as having asthma

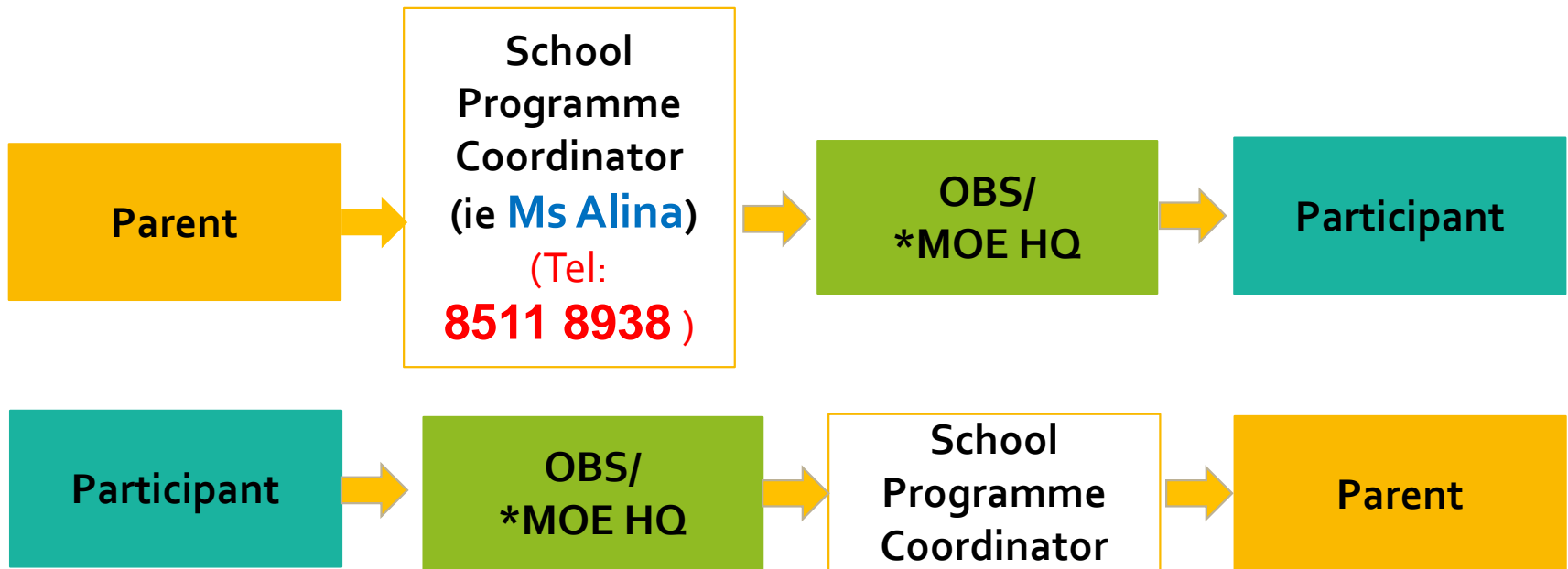
Failure to bring medicine will result in inconvenience to your parents!!! They will have to bring it down for you!!!

Can I bring phone

Yes, but...

- Will be kept by instructors on day 1
- Returned on last day
- No charging facilities available.

Communication Channel



MOE HQ staff on **24-hr standby during every MOE-OBS Challenge Programme*

Protection against heat injuries

- Apply and re-apply sun block (min SPF 30) & lip balm.
- Especially those who are prone to sun burn



How to have an enjoyable course 😊

- Inspire yourself & others – **participate actively**
- Grow your strengths – **contribute** to your group in any way you can
- Put **others** first – be a selfless, supportive & encouraging group member
- Make the most of every moment – focus on the **positive** and keep an **open mind**

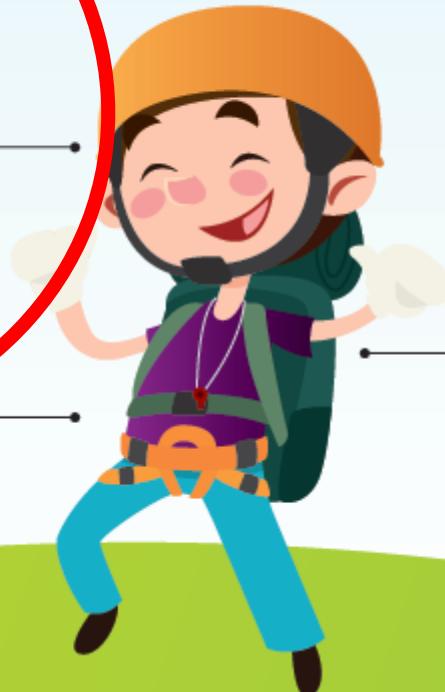
How can I prepare myself for the course? 3



Start with
LIGHT EXERCISES
such as jogging, swimming or cycling
before the course



Get your doctor to
CONDUCT a
HEALTH CHECK



Inform Instructors if you're
ON MEDICATION
and bring
SUFFICIENT DOSAGE
for the duration of the course

More information to come...

- Your grouping



Thank You