



Curriculum Based  
Outdoor Education  
Programs

greenx

AC | Australian CURRICULUM

marine action  
conservation society

Watersports

Guru!



# Watersports *Guru!*

**DISCOVER**  
*the*  
**FUN**

**Watersports Guru** in partnership with **GreenX** and the **Australian Curriculum** endeavour to provide programs that aid in the prevention of childhood depression and obesity through delivering fun, educational and safe programs that will increase health and well being for the future of your students.

We do this through the use of scientific based evidence and furthermore aim to provide an inclusive environment to all learners, whilst also making links to the Australian Curriculum.

# Outdoor Education Programs

Our programs can be tailored to suit specific year levels, required curriculum content, time of year and budget.

## ECOLOGY OF ESTUARIES



**Location:** Cudgen Creek (incoming high tide)

**Duration:** Half day

**Equipment:** Kayaks or Paddle boards

**Syllabus links:** Looking at the ecosystems of a tidal zoned creek mangroves | sea grass | flora & fauna.

**Additional:** Teach basic paddling skills in line with curriculum. Students given workbooks to guide though.

## MARINE STUDIES



**Location:** Cudgen Creek (incoming high tide)

**Duration:** 2 hours

**Equipment:** Snorkel

**Syllabus links:** Looking at estuary marine life, habitats

**Additional:** Teach basic snorkelling techniques in line with curriculum.

## OCEAN AWARENESS SESSIONS



**Location:** Kingscliff Beach

**Duration:** 2 hours

**Equipment:** Surfboards

**Syllabus links:** Looking at rips | tides | currents | swell

**Additional:** Students will also have the opportunity to learn to surf.



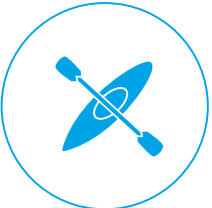


# Sport & Recreation

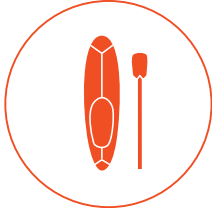
Watersports Guru can offer an array of exciting programs to support school electives for whatever time period you require whether it's for 1 hour or for 1 day.



**AQUATHON**



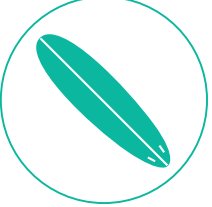
**KAYAKING**



**PADDLE BOARDING**



**SNORKELLING**



**SURFING**

## EXAMPLE OF ELECTIVE SPORTS:

**Sunny Fields State School  
Term 1, 2 & 4**

**Paddle Boarding x 10 kids**

**Kayaking x 20 kids**

**Aquathon x 25 kids**

**Surfing x 20 kids**

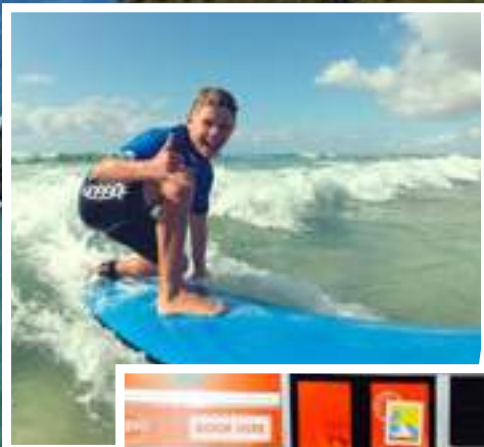
Day: Thursday

Time: 11.00-12.30

Outcomes: Skill development and Fun



# Fun days!



## ACTIVITIES ON OFFER

- + Paddle boarding
- + Kayaking
- + Surfing

- + Aqua tubes
- + Snorkelling
- + Beach volleyball

- + Team challenges
- + Amazing Race
- + BBQ facilities available



# GreenX Program

GreenX has accumulated the knowledge of the world's leading researchers and experts to help create its seven core principles of green exercise. Working in combination they set the benchmark for attaining the positive health and well being benefits of exercising in nature.



# Build a Custom Program

## ENQUIRY

Teacher Name: Morgan Todd  
School: Sunny Fields High School  
Position: Head of Year 8  
Curriculum Area: HPE | Science | Geography  
Date: Any date in March except Tuesdays  
No. of students: 30 students

### Enquiry:

Participation in physical activity in local waterways i.e. eco-systems and how they are formed. Touch on health and well being specifically focusing on how participation in outdoor activities can improve health, wellbeing and connection to community .

## RESPONSE

Date: March 18th  
Class: Year 8  
Class size: 30 students  
Teacher/instructor: Morgan Todd  
School: Sunny Fields High School  
Duration of the lesson: 1 day (9.30am-2.30pm)

### Intended learning outcomes

Students will be able to:

Understand and describe how the river system in the Cudgen Creek area was formed (Geography: Unit 1, ACARA 2012).

Identify the rock type that surrounds the Cudgen Creek area, based on the physical and chemical properties (Science: Year 8 earth sciences, ACARA).

Recognise the effects of coastal erosion in the Cudgen Creek (Geography: Year 8/ Unit 1, ACARA 2012)....

### Activities

**Kayaking and stand-up paddle boarding:**

Students will paddle a 3km return trip along Cudgen Creek participating in physical activities that develop health-related and skill-related fitness components (ACPMPO83). Discussion and exploration around rocky areas of the creek will demonstrate how the river was formed and allow students to identify the rock type in the area. Students will also learn how coastal ecosystems interact in this zone and observe how wind/tide/current can affect outdoor activities.





Watersports Guru have taken thousands of children on a wonderful journey to discover the fun and splendour of our oceans. Snorkelling with the turtles at Cook Island, whale watching on the Gold Coast and Tweed Coast, kayaking and stand-up paddle boarding on Cudgen Creek Kingscliff, learning to surf, or showing people the beauty of the underwater world through scuba diving. Their experiences have been unforgettable.



MACS (Marine Action Conservation Society) is an energetic proactive not for profit agency located in Kingscliff that was recently founded by and made up of a number of professional stakeholders with a range of skills that are being applied to environmental projects aimed at improving coastal ecosystems through Conservation, Activism, Research, Education and Sustainability (CARES).



What we innately know is now validated by science: That being active outdoors not only feels great but provides outstanding holistic health and fitness benefits. GreenX is founded on seven core principles backed by scientific research. Working in combination, these principles set the benchmark for maximising the positive health and well being benefits of exercising in nature.



The Australian Curriculum sets consistent national standards to improve learning outcomes for all young Australians. Through content descriptions and achievement standards, it sets out what students should be taught and achieve as they progress through school. It is the base for future learning, growth and active participation in the Australian community.





## Feedback

My work with Tim Jack Adams and his team at Watersports Guru aimed to teach my students the basics skills involved in snorkelling in a safe and engaging environment. I was thrilled when Tim had the students master the basic snorkelling skills and progress to free diving skills during the course. This was beyond my expectations in terms of what was learnt and experienced and the speed in which he had the students' progress to a confident and competent level.

What I appreciated most about working with Tim was his ability to incorporate the required school curriculum and deliver it in an engaging way that was accessible to all of the students. The program was delivered in such a way that the students will never forget the skills, fun and experience they gained. I will definitely use Watersports Guru again to deliver the snorkelling program in the future.

### Jaime Underwood

Marine Studies Teacher  
Wollumbin High School

Tim,

Thank you so much for delivering an excellent program. All the kids and parents had nothing but praise for it.

### Pat Tierney

St. Anthony's Primary School

Tim is an excellent communicator who is mindful of the needs and wants of the group at all times. However it is perhaps as a facilitator that Tim displays his greatest strength. Tim shows patience and guidance with the students and allows them to formulate strategies to achieve the tasks and goals he sets for them.

### Matthew Bedford

Lindisfarne Anglican Grammar School

# Watersports *Guru!*

Contact details:  
Tim Jack Adams  
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## Insurance



PADI Pro Combined Liability  
Liberty International Underwriters  
ABN: 61 086 083 605

SY-CAS-08-0401140  
Public Liability \$10,000,000  
any one claim

## Membership

