

STRAND: Physical Education Adventure Experience 1

Objective: To develop a greater sense of self-confidence, and trust among all ninth grade classmates, through physically challenging students ability to work together, and problem solve effectively.

Overview:

All freshmen are currently enrolled in a 10 week experiential Challenge Course program through the physical education program. It is during these classes that students are provided with the opportunity to develop both the inter and intrapersonal skills necessary to work together in a group. Working together, students are taught to see that functioning within the confines of a group requires skills not easily learned within the traditional classroom setting. The ability to analyze one's own contribution to a group, provide feedback to others, and do so without the negative put downs so often apparent at this age level, allows students to develop relationships with their classmates that often could not exist without a Challenge Course experience. These benefits, combined with the physical exercise required on a ropes course makes this our most productive and largest strand having educated over 400 students to date.

A welcomed "off shoot" of this particular strand are the relationships developed between the students who have been at Southern since the seventh grade and the Barnegat students who enter Southern at grade nine. This exposure has smoothed the transition for both Southern and Barnegat students and has resulted in a more cooperative educational environment within the school buildings.