



At Sports Tuiton we are committed to delivering camp experiences that are engaging, memorable, and educationally purposeful. We believe that camps provide a unique opportunity for students to develop skills, character, and confidence in ways that extend beyond the traditional classroom environment.

Our programs are aligned with the Australian Curriculum, with a particular focus on the General Capabilities that support students' personal growth, wellbeing, and future success. Through

carefully designed outdoor and adventure-based experiences, students are challenged to develop resilience, collaboration, leadership, critical thinking, ethical decision-making, and intercultural understanding—skills that are highly transferable to both classroom learning and everyday life.

Regardless of year level, our camps are underpinned by five key general capabilities that we believe are fundamental to student development. The accompanying matrix provides a detailed overview of how these capabilities are intentionally embedded across each year level, ensuring age-appropriate progression from belonging and teamwork through to leadership, community engagement, and legacy.

At Sports Tuiton, we view camps as more than just an excursion; they are powerful learning experiences that allow students and teachers alike to thrive in a different environment. By stepping outside the classroom, students are provided with opportunities to discover their strengths, build meaningful connections, embrace challenges, and develop a deeper understanding of themselves, others, and the world around them.

### ***Our 5 camp targets***

- Develop personal and social capabilities, including teamwork, resilience and respectful relationships.
- Apply movement skills and strategies in a safe and supportive environment.
- Demonstrate confidence in taking on new challenges and reflecting on their learning.
- Build an understanding of sustainability through active engagement with the natural environment.
- Our delivery of programs ensures students walk away with thrilling yet meaningful memories.



Year Level	Camp Theme	General Capability Focus (ACARA)	Capability Indicators	Camp Targets	Activities
Year 5	<p><b>Belonging &amp; Teamwork</b></p> <p>Students build connections, develop trust and learn the value of working together to achieve shared goals. Through collaborative challenges they discover the importance of communication, respect and belonging.</p>	<p><b>Personal &amp; Social Capability</b></p>	<p><b>Personal:</b> Self-awareness and reflection.</p> <p>Demonstrates persistence when faced with challenges.</p> <p><b>Social:</b> Collaboration, communication, and respect when working with peers.</p> <p>Offers support and encouragement when group is faced with challenges.</p>	<ul style="list-style-type: none"> <li>• Participate positively in a group.</li> <li>• Build confidence by facing fears or challenges.</li> <li>• Respectfully collaborate with others.</li> <li>• Communicate effectively in team situations.</li> <li>• Reflect on personal strengths and areas for growth.</li> </ul>	<ul style="list-style-type: none"> <li>• Low ropes</li> <li>• Sugar Glider</li> <li>• Traditional archery</li> <li>• Milk Crate Challenge</li> <li>• Team Builders</li> <li>• Catapults</li> <li>• Beach Games</li> <li>• Surf</li> <li>• Capture the Flag</li> <li>• Fishing off bank</li> </ul>



<p><b>Year 6</b></p>	<p><b>Challenge &amp; Confidence</b></p> <p>Students step outside their comfort zones, embrace new experiences and develop confidence through exposure. Growth comes from taking on challenges and supporting friends to do the same.</p>	<p><b>Personal &amp; Social Capability</b> <b>Critical &amp; Creative Thinking</b></p>	<p><b>Personal:</b> Self-confidence to step outside comfort zones physically and mentally.</p> <p><b>Social:</b> Engaging in respectful collaboration that challenges ideas and encourages growth.</p> <p><b>Critical Thinking:</b> Taking intellectual risks, sharing original ideas and solving problems.</p> <p><b>Creative Thinking:</b> Taking a curious approach to physical and mental challenges. Generating, adapting and refining ideas.</p>	<ul style="list-style-type: none"> <li>• Accept responsibility for self and equipment.</li> <li>• Adopt a challenge-by-choice mindset.</li> <li>• Face fears and persist through difficulty.</li> <li>• Encourage others to attempt challenges.</li> <li>• Work collaboratively to create solutions.</li> <li>• Generate and test ideas. • Modify designs based on feedback.</li> <li>• Use trial and error to improve outcomes.</li> </ul>	<ul style="list-style-type: none"> <li>• Navigation Basics</li> <li>• Bush Skills</li> <li>• Rock Climbing</li> <li>• Milk Crate Challenge</li> <li>• Mid Ropes</li> <li>• Capture the flag</li> <li>• Fishing off bank</li> </ul>
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<p><b>Year 7</b></p>	<p><b>Independence &amp; Responsibility</b></p> <p>Students will begin to take ownership of their actions, decisions and contributions to the group. Through outdoor challenges they will develop resilience, accountability and communication skills.</p>	<p><b>Personal &amp; Social Capability Ethical Understanding</b></p>	<p><b>Personal:</b> Developing self-awareness, confidence, emotional regulation and resilience.</p> <p><b>Social:</b> Respectful collaboration, shared responsibility and positive contribution to group culture.</p> <p><b>Ethical Understanding:</b> Exploring different perspectives, reflecting on actions and decisions, and considering consequences for others and the environment.</p>	<ul style="list-style-type: none"> <li>• Manage personal responsibilities independently.</li> <li>• Develop self-awareness and emotional regulation.</li> <li>• Build confidence by managing fear and uncertainty.</li> <li>• Demonstrate resilience during challenges.</li> <li>• Respect diverse perspectives and ideas.</li> <li>• Encourage peers and contribute positively to the group.</li> <li>• Share responsibilities fairly.</li> <li>• Demonstrate environmental responsibility through Leave No Trace principles.</li> </ul>	<ul style="list-style-type: none"> <li>• Camp Setup</li> <li>• Camp Cooking</li> <li>• Leave No Trace Activities</li> <li>• Mid Ropes</li> <li>• Sugar Glider</li> <li>• Canoeing</li> <li>• Stand up paddle boarding</li> <li>• Raft Building</li> <li>• Team Builders</li> <li>• Beach Games</li> <li>• Surf</li> <li>• Archery Gameplay</li> </ul>
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<p><b>Year 8</b></p>	<p><b>Adventure &amp; Decision Making</b></p> <p>Students will explore the connection between adventure and decision making. They will learn to solve problems, make thoughtful choices and work together, whilst challenging themselves physically.</p>	<p><b>Critical &amp; Creative Thinking Personal &amp; Social Capability</b></p>	<p><b>Critical Thinking:</b> Analysing risks and benefits, evaluating options and adapting plans.</p> <p><b>Creative Thinking:</b> Developing strategies and innovative solutions to overcome challenges.</p> <p><b>Personal:</b> Self-regulation, resilience and perseverance.</p> <p><b>Social:</b> Supporting others, sharing responsibility and collaborative decision-making.</p>	<ul style="list-style-type: none"> <li>• Demonstrate resilience and perseverance when challenged.</li> <li>• Recognise and reflect on personal growth.</li> <li>• Listen to and consider different viewpoints before making decisions.</li> <li>• Evaluate risks and benefits of activities.</li> <li>• Develop and adapt strategies to overcome obstacles.</li> <li>• Assess different approaches to team-based challenges.</li> <li>• Contribute positively to group decision-making processes.</li> </ul>	<ul style="list-style-type: none"> <li>• Navigation</li> <li>• Initiative Activities</li> <li>• Journey Planning</li> <li>• Mid–High Ropes</li> <li>• Sugar Glider</li> <li>• Milk Crate Challenge</li> <li>• Canoeing</li> <li>• Stand up paddle boarding</li> <li>• Raft Building</li> <li>• Team Builders</li> <li>• Archery Gameplay</li> <li>• Surf</li> <li>• Leap of Faith</li> <li>• Fishing in boats with electric motors</li> </ul>
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<p><b>Year 9</b></p>	<p><b>Leadership &amp; Stewardship</b></p> <p>Students develop leadership skills while taking care of others and the natural space around them. Learning effective leadership skills such as respect, listening to create a meaningful camp experience for themselves and peers.</p>	<p><b>Ethical Understanding Personal &amp; Social Capability</b></p>	<p><b>Ethical Understanding:</b> Considering consequences of decisions, balancing personal goals with environmental and group responsibilities.</p> <p><b>Personal:</b> Self-awareness, resilience and independent decision-making.</p> <p><b>Social:</b> Leadership, collaboration, communication and conflict resolution.</p>	<ul style="list-style-type: none"> <li>• Demonstrate responsibility for personal and group outcomes. <ul style="list-style-type: none"> <li>• Make informed decisions that prioritise safety and sustainability.</li> </ul> </li> <li>• Support peers through challenge and uncertainty.</li> <li>• Reflect on leadership behaviors and influence.</li> <li>• Apply Leave No Trace and environmental stewardship practices.</li> <li>• Resolve disagreements respectfully and constructively.</li> </ul>	<ul style="list-style-type: none"> <li>• Expedition Planning</li> <li>• Journey-Based Activities</li> <li>• Navigation Challenges</li> <li>• Canoeing Expeditions</li> <li>• Team Leadership Tasks</li> <li>• Environmental Projects</li> <li>• High Ropes</li> <li>• Surf</li> <li>• Initiative Challenges</li> <li>• Fishing in boats with electric motors</li> </ul>

<p><b>Year 10</b></p>	<p><b>Leadership &amp; Influence</b></p> <p>Students explore how their actions, attitudes and decisions influence those around them. They develop the confidence to lead to positively inspire others, building a strong team culture.</p>	<p><b>Ethical Understanding Personal &amp; Social Capability</b></p>	<p><b>Ethical Understanding:</b></p> <p>Evaluating complex ethical issues and considering impacts on individuals, communities and environments.</p> <p><b>Personal:</b></p> <p>Independence, initiative and self-management.</p> <p><b>Social:</b> Leadership, communication, collaboration and mentoring others.</p>	<ul style="list-style-type: none"> <li>• Demonstrate initiative and independence.</li> <li>• Lead groups through challenges and uncertainty.</li> <li>• Evaluate the impact of decisions on people and environments.</li> <li>• Support positive group culture.</li> <li>• Demonstrate environmental responsibility and stewardship.</li> <li>• Reflect critically on leadership effectiveness.</li> </ul>	<ul style="list-style-type: none"> <li>• Student-Led Expeditions</li> <li>• High Ropes – Pamper Pole</li> <li>• Canoeing and Hiking Journeys</li> <li>• Leadership Challenges</li> <li>• Environmental Stewardship Projects</li> <li>• Learn to surf</li> <li>• Team Development Activities</li> <li>• Fishing in boats with outboard motors</li> </ul>
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<p><b>Year 11</b></p>	<p><b>Community &amp; Perspective</b></p> <p>Students deepen their understanding of themselves, others and the wider community. Through shared experiences, they explore diverse challenges and embrace empathy, respect and self-awareness to achieve common goals.</p>	<p><b>Ethical Understanding</b></p> <p><b>Intercultural Understanding</b></p>	<p><b>Ethical Understanding:</b></p> <p>Evaluating ethical issues associated with outdoor recreation, sustainability and leadership.</p> <p><b>Intercultural Understanding:</b></p> <p>Recognising diverse perspectives and understanding cultural relationships with place and environment.</p>	<ul style="list-style-type: none"> <li>• Foster inclusive behaviors to ensure the group has a positive experience.</li> <li>• Explore cultural perspectives of outdoor environments.</li> <li>• Demonstrate respect for Indigenous knowledge and connections to Country.</li> <li>• Reflect on personal values and their influence on leadership.</li> <li>• Contribute positively to community and group experiences.</li> </ul>	<ul style="list-style-type: none"> <li>• Expedition-Based Programs</li> <li>• Environmental Investigations</li> <li>• High Ropes - Pamper Pole</li> <li>• Canoeing</li> <li>• Stand up paddle boarding</li> <li>• Team Builders</li> <li>• Navigation and Journey Planning</li> <li>• Fishing in boats with outboard motors</li> </ul>
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<p><b>Year 12</b></p>	<p><b>Legacy &amp; Community Leadership</b></p> <p>Students will reflect on the impact they have on people around them. Emerging as leaders, they focus on creating a positive legacy of their choosing.</p>	<p><b>Ethical Understanding</b></p> <p><b>Intercultural Understanding</b></p>	<p><b>Ethical Understanding:</b></p> <p>Leadership through integrity, stewardship, and consideration of long-term impacts.</p> <p><b>Intercultural Understanding:</b></p> <p>Inclusive leadership, cultural awareness and respect for diverse perspectives and knowledge systems.</p>	<ul style="list-style-type: none"> <li>• Lead with integrity and responsibility.</li> <li>• Create positive experiences and opportunities for others.</li> <li>• Consider the long-term legacy of actions and decisions.</li> <li>• Foster inclusion and belonging within communities.</li> <li>• Apply ethical reasoning to complex outdoor and community issues.</li> <li>• Demonstrate stewardship of people, place and environment.</li> </ul>	<ul style="list-style-type: none"> <li>• Student-Led Camps</li> <li>• High Ropes; student belay</li> <li>• Pamper Pole</li> <li>• Canoeing</li> <li>• Archery Gameplay</li> <li>• Raft Building</li> <li>• Team Builders</li> <li>• Learn to surf</li> <li>• Fishing in boats with outboard motors</li> </ul>
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