



Bringing you snippets of youth trends and issues compiled from diverse sources such as news reports, journals and press releases. Y+ is a bi-monthly e-newsletter that aims to help you stay in touch with the constantly evolving youth scene.

## YOUTH & OUTDOOR ADVENTURE LEARNING

Active learning and outdoor adventure activities can take place in a variety of settings and offer both children and youths wide range of benefits. By participating in outdoor activities, one's personal growth and social awareness is enhanced in the process. A recent [review](#) conducted by a group of researchers from University of British Columbia found that children who are exposed to risky outdoor plays displayed greater physical and social health ([International Journal of Environmental Research and Public Health, 2015](#)). Yet, more children in the United Kingdom (UK) play less outside and spend twice as much time on their screens ([Dirt is Good, 2016](#)).

Locally, there is a growing recognition of the importance of outdoor education for students ([The Straits Times, Feb 2016](#)). Outdoor Education is a critical part of the holistic development of our youth, complementing academic learning through building the character, values and physical strength of students. As part of the National Outdoor Adventure Masterplan, Outward Bound Singapore (OBS) will be building a second campus on Coney Island to allow more youth develop a sense of adventure and resilience ([Channel NewsAsia, Mar 2016](#)). This issue of Y+ highlights the importance and benefits of outdoor adventure learning on young people, and how practitioners can engage them.

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In this issue:

**1. Unpacking a Place-Based Approach: "What Lies Beyond?" – Insights Drawn from Teachers' perceptions of Outdoor Education [Singapore]**

Yuen Sze Michelle Tan, Matthew Atencio

*Teaching and Teacher Education, Volume 56, Pages 25-34, 1 February 2016*

**2. Outdoor Recreation Participation Topline Report 2016 [United States]**

*The Outdoor Foundation*

*January 2016*

**3. Risky Outdoor Play Positively Impacts Children's Health, Study Suggests [Columbia]**

*University of British Columbia, The Science Daily, 10 June 2015*

*International Journal of Environmental Research and Public Health, 8 April 2015*

**4. High Quality Outdoor Learning: A Guide to Recognising and Achieving High Quality Outdoor Education in Schools, Youth Services, Clubs, Centres [Britain]**

*English Outdoor Council*

*January 2015*

## 5. Outdoor Learning – Practical Guidance, Ideas and Support for Teachers and Practitioners in Scotland [Scotland]

Education Scotland ([www.educationscotland.gov.uk/outdoorlearning](http://www.educationscotland.gov.uk/outdoorlearning))

Accessed on 12 April 2016

## 6. Other Research References

(Please note that you may be required to register with Science Direct or Springer Link in order to view and retrieve the article/s.)

- **An Outcome Evaluation of the Implementation of the Outward Bound Singapore Five-Day "Intercept" Program**

Rebecca P. Ang, Nurul Fariyah, Steven Lau

*Journal of Adolescence*, Volume 37, Issue 6, Pages 771-778, August 2014

- **The Role of Outdoor Adventure Education in Facilitating Groupwork in Higher Education**

Sam J. Cooley, Victoria E. Burns, Jennifer Cumming

*Springer Link*, Volume 69, Issue 4, Pages 567-582, April 2015

## 7. Further Readings

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1. **Unpacking a Place-Based Approach: "What Lies Beyond?" – Insights Drawn from Teachers' Perceptions of Outdoor Education [Singapore]**



Outdoor Education (OE) has been identified as a vehicle to complement academic learning and facilitate students' holistic development. Further, by tapping on place-based pedagogy, there is a potential to increase the students' social awareness and knowledge on the locality used in the OE programme. This approach to education enhances academic performances, as well as greater involvement in the local community and environment.

As teachers' conceptualisation of a physical space has an impact on their students' learning, knowing how teachers interpret place-based approach in OE is important as OE is advanced in Singapore. Based on 84 in-services teachers' surveys and 14 in-depth interviews with Physical Education (PE) teachers, researchers highlight the opportunity to improve national OE curriculum through better equipping teachers with the purpose and learning processes behind place-based pedagogy. Read the full [report](#).

(Source: Science Direct. Accessed on 12 April 2016)

[http://ac.els-cdn.com/S0742051X16300270/1-s2.0-S0742051X16300270-main.pdf?\\_tid=441ce132-1822-11e6-9917-00000aab0f01&acdnat=1463044793\\_3270ab8e998af27aae75933d68b7bcad](http://ac.els-cdn.com/S0742051X16300270/1-s2.0-S0742051X16300270-main.pdf?_tid=441ce132-1822-11e6-9917-00000aab0f01&acdnat=1463044793_3270ab8e998af27aae75933d68b7bcad)

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## 2. Outdoor Recreation Participation Topline Report 2016 [United States]



The [Outdoor Recreation Participation Topline Report](http://www.outdoorfoundation.org/pdf/ResearchParticipation2016Topline.pdf) provides an overview of outdoor recreation participation trends, focusing on America youth and young adults aged 6 to 24 years. Similar to 2015, running (including jogging and trail running) (24.2%), bicycling (20.6%) and camping (18.2%) were the top three most popular outdoor activities amongst youth. The 2016 report also highlighted that youth and young adults in every age cohort reported camping as their top interest among a list of outdoor recreation, sports, fitness and leisure activities.

(Source: Outdoor Foundation. Accessed on 12 April 2016)

<http://www.outdoorfoundation.org/pdf/ResearchParticipation2016Topline.pdf>

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## 3. Risky Outdoor Play Positively Impacts Children's Health, Study Suggests [Columbia]



According to the review recently published in the [International Journal of Environmental Research and Public Health](http://www.mdpi.com/1660-4601/12/6/6423/pdf), children display greater physical and social health when they partake in physical activities such as jumping, climbing, rough and tumble play. Ms Mariana Brussoni, the study's lead author and an Assistant Professor in University of British Columbia (UBC)'s School of Population and Public Health and Department of Paediatrics, shared that play environments which allow children to tackle risks promotes increased play time, social interactions, creativity and resilience in the long run.

Safety concerns (e.g. injury) were cited as the main factor for limiting risky outdoor play; and playground safety standards and too much parental supervision may prevent children from participating in risky activities. Researchers suggest that there should be a balanced approach considering the benefits of risky outdoor play with other health outcomes.

### Sources:

(The Science Daily. Accessed on 22 April 2016)

<https://www.sciencedaily.com/releases/2015/06/150610131808.htm>

(Source: International Journal of Environmental Research and Public Health. Accessed on 22 April 2016)

<http://www.mdpi.com/1660-4601/12/6/6423/pdf>

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#### 4. **High Quality Outdoor Learning: A Guide to Recognising and Achieving High Quality Outdoor Education in Schools, Youth Services, Clubs, Centres [Britain]**

Young people are involved in outdoor learning in a variety of contexts – schools, youth programmes, group activities, outdoor environmental clubs with family and friends, etc. Using five core themes that typically characterise outdoor learning: 1) Participation; 2) Self-confidence and achievement; 3) Differentiation and progression; 4) Residential experience; and 5) A balanced approach to risk management – this guide clearly outlines the benefits and outcomes of high quality outdoor learning.

The ten outcomes identified include Enjoyment, Health and well-being, Social and emotional awareness, Environmental awareness, Activity skills, Personal qualities, Skills for life, Increased motivation and appetite for learning, and Broadened horizons. If you are directly involved in outdoor learning with young people, including teachers and support staff, youth workers, youth leaders, instructors, coaches and parents, this [guide](http://www.englishoutdoorcouncil.org/wp-content/uploads/2049-High-quality-outdoor-learning-web-version.pdf) will help you get started on improving your outdoor learning programmes.



(Source: English Outdoor Council. Accessed on 12 April 2016)

<http://www.englishoutdoorcouncil.org/wp-content/uploads/2049-High-quality-outdoor-learning-web-version.pdf>

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#### 5. **Outdoor Learning – Practical Guidance, Ideas and Support for Teachers and Practitioners in Scotland [Scotland]**

The British Future Survey revealed the apathy of the younger generation towards British senior politicians, whom many perceive to be elitists and only look out for the interests of businesses in the 2015 General Election. This [video](http://www.educationscotland.gov.uk/Images/OutdoorLearningSupport_tcm4-675958.pdf) shows what young people in Britain were looking for in the 2015 general election.

(Source: Education Scotland. Accessed on 12 April 2016)

[http://www.educationscotland.gov.uk/Images/OutdoorLearningSupport\\_tcm4-675958.pdf](http://www.educationscotland.gov.uk/Images/OutdoorLearningSupport_tcm4-675958.pdf)

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## 6. Other Research References

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### **An Outcome Evaluation of the Implementation of the Outward Bound Singapore Five-Day "Intercept" Program**

(Source: Science Direct. Accessed on 12 April 2016)  
[http://ac.els-cdn.com/S0140197114000773/1-s2.0-S0140197114000773-main.pdf?\\_tid=b261a71e-18b7-11e6-bf8c-00000aacb35d&acdnat=1463108973\\_2fc8457315be5d8521e2031db6ed2f8d](http://ac.els-cdn.com/S0140197114000773/1-s2.0-S0140197114000773-main.pdf?_tid=b261a71e-18b7-11e6-bf8c-00000aacb35d&acdnat=1463108973_2fc8457315be5d8521e2031db6ed2f8d)

### **The Role of Outdoor Adventure Education in Facilitating Groupwork in Higher Education**

(Source: Springer Link. Accessed on 12 April 2016)  
<http://link.springer.com/article/10.1007%2Fs10734-014-9791-4#/page-2>

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## 7. Further Readings

- ✚ [Children are Spending Less Time Outside Than Prison Mates](#)
  - ✚ [Canadian International School Goes Big on Outdoor Learning](#)
  - ✚ [Millennials are Ready to Camp in New Ways](#)
  - ✚ [UWC South East Asia – Outdoor Education](#)
  - ✚ [Why Dirt is Good – The Freedom to Play, Explore and Get Dirty Isn't Just Fun for Your Kids Today – It's Essential for Their Future](#)
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