

# PAD340 OUTDOOR ADVENTURE BUCKET LIST

*There is a WHOLE WORLD of exciting and unique outdoor activities for you to take part in. Your task is to choose an adventure activity from the list below that would be on your bucket list to complete. Spend a little time looking up some unfamiliar ones! Prepare a slide show and share with it Mr. McCallum. You have two periods to work on it so be thorough. Include:*

- Description about the activity. Details!
- Pictures &/or Videos demonstrating the activity
- Locations to perform or try this activity – Are there any local spots?
- Origins of the sport
- Costs to participate and age requirement
- Necessary Gear
- Famous individuals who practice this sport / activity
- Any other relevant details



## Adventure Activities:

1. Ultra Marathons
2. Spartan Death Race
3. BASE Jumping
4. Sea kayaking / White Water Kayaking
5. White Water Rafting
6. Skydiving
7. SCUBA Diving
8. Snorkelling
9. Free Diving
10. Mountain / Road Biking
11. Rock / Ice Climbing
12. Surfing / Big Wave Surfing
13. SUP (Stand Up Paddle Boarding)
14. Downhill skiing / Heli-Skiing
15. Rappelling / Water Rappelling
16. Zip Lining
17. Squirrel Suit Flying
18. Paragliding
19. Hang Gliding
20. Micro Light Flying
21. Long Distance Snowshoe Racing
22. Eco-Challenges
23. Spear Fishing
24. 24 Hour Adventure Race



\*rubric is on the next page

**OUTDOOR ADVENTURE BUCKETLIST RUBRIC**

<b>CATEGORY</b>	<b>LEVEL 1</b>	<b>LEVEL 2</b>	<b>LEVEL 3</b>	<b>LEVEL 4</b>
<b>KNOWLEDGE &amp; UNDERSTANDING</b>	Many components of the research assignment are missing.	Several components of the research assignment are missing.	A few components of the research assignment are missing.	All 8 components of the research assignment are present.
<b>THINKING &amp; INQUIRY</b>	Presentation is missing many important details. No / very limited evidence of research.	Presentation is missing several important details. Evidence of limited research.	Presentation is detailed. Evidence of good research.	Presentation is very detailed. Clear evidence of thorough research.
<b>COMMUNICATION</b>	Several spelling & grammar errors. Presentation is too short or difficult to understand. Several components of the presentation need work.	Some spelling & grammar errors. Student's speech is inconsistent or unclear. Presentation needs work.	Few spelling or grammar errors. Student speaks clearly. Some eye contact with audience. Good presentation.	No spelling or grammar errors in presentation. Student confidently speaks in a loud, clear voice. Makes frequent eye contact. Excellent presentation.

**COMMENTS:**