

# Outdoor classes and activities

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Outdoor

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# EDGE PROJECT

## Project Summary

For my EDGE Project, I am taking snowboarding for beginner's class and also rock climbing for beginner's class. As most people know learning new things can be hard and time consuming. I have never rock climbed or snowboarded before and it has been a challenge so far. Throughout these classes I have learned many useful skills. Obviously I learned how to snowboard and how to rock climbing and also learned how to use the equipment correctly. The reason why I chose to take these classes for my EDGE Project was to improve myself physically and to improve my skills and my knowledge of outdoor activities, and it has. Taking these classes has also helped me increase my thoughts of majoring in Physical Education and maybe having my job being involved in the outdoors.



In this picture it is showing how I have improved in snowboarding from starting from a beginner to this. It shows that I feel confident and comfortable and have mastered it. I do not have any pictures of me rock climbing because I am still learning the basics inside, but soon I will be climbing outside and that is when I will get the full outdoor experience.

## Project Highlights

- I learned different skills that can come in handy in my future. (Example: I learned how to work well with others and also got the chance to teach others the things that I learned.)
- I was very surprised of how fast I pick up snowboarding and climbing.
- Beautiful nature up in the snowy mountains; very peaceful and relaxing.
- A really great way to keep physically active.
- I learned how to have great communication skills especially in rock climbing.



## From My Journal

"I was swerving back and forth dodging the fresh pine trees with the cool breeze fighting against me; adrenaline rushing through my body while still having thought of victory and accomplishment in my mind when I finally reached the bottom of the steep slope."

After feeling confident in my skills, I decided to help and teach a beginner snowboarder the techniques of snowboarding. At the end of the day the beginner snowboarder was working up to the bigger slopes.