

CONTENTS

INTRODUCTION	7
1 OUTDOOR EDUCATION AND ITS INCLUSION INTO TEACHING AT PDF MU	
<i>Eduard Hofmann, Hana Svobodová</i>	9
1.1 Examples of Transdisciplinarity within Outdoor Education	10
1.2 References	12
2 USEFUL SCIENCE—WE STUDY NATURE AROUND US	
<i>Iva Frýzová, Tereza Češková, Miroslav Jireček, Petr Knecht</i>	15
2.1 Location of outdoor education—Jedovnice	15
2.2 Course concept.....	16
2.3 Course characteristics	17
2.4 Course methodology	18
2.4.1 Geographical and historical themes—Natural conditions and their influence on human activities in the landscape	18
2.4.2 Historical and geographical day: Past and present of Jedovnice and its surroundings	25
2.4.3 Biological-geographical topics: Habitats close to nature	30
2.4.4 Biological-environmental day—Habitats significantly influenced by humans	36
2.4.5 Diagnostic-reflective day	45
2.5 Conclusion	47
2.6 References	47
2.7 List of appendices	48
Appendix 1: Maps and photographs for the geographical-historical day	49
Appendix 2: Worksheets for biological-geographical themes.....	56
Appendix 3: Worksheets for biological-environmental themes	63
Appendix 4: Reflective sheets for individual days	66
Appendix 5: Plants in the meadow—colourful flowering herbs.....	72
Appendix 6: Reflective sheets for individual days	73
3 USEFUL SCIENCE—THE KEY TO SUSTAINABLE DEVELOPMENT	
<i>Eduard Hofmann, Hana Svobodová, Radek Durna, Darina Mísařová, Jaromír Kolejka, Tereza Češková, Miroslav Jireček</i>	79
3.1 Useful science—the key sustainable development	79
3.2 Teaching organization	79
3.3 Framework programme	80

3.4 Worksheets for outdoor education	81
3.4.1 Moravian karst and surroundings—places for outdoor education	81
3.4.2 Landscape language	83
3.4.3 Orientation in the field using a map for orienteering	89
3.4.4 Natural conditions and their influence on human activity in the landscape	91
3.4.5 History and present situation of Jedovnice and its surroundings.....	92
3.4.6 Soil as a necessary prerequisite for life	93
3.4.7 Evaluation of suburbanization in the village Březina	97
3.5 Analysis of equipment and development of ATC Olšovec, Jedovnice	100
3.6 Conclusion	102
3.7 References	102
3.8 List of Appendices	103
Appendix № 1: Educational map for orienteering	104
Appendix № 2: Preparation of data for mapping	104
Appendix № 3: Creation of a panoramic sketch	106
Appendix № 4: Questionnaire for feedback	107

4 HEALTHY LIFESTYLE AND SPRING SOJOURN IN NATURE

Marek Trávníček, Jaroslav Vrbas	111
4.1 Localisation of outdoor education—Moravec	111
4.2 Course organisation	113
4.3 Thematical content and timetable of the course	113
4.4 Study materials.....	114
4.4.1 Basics of watermanship	115
4.4.2 Games in a meadow	118
4.4.3 All-day hiking	121
4.4.4 Orientation in nature	123
4.4.5 Physical education the outdoors.....	125
4.4.6 Traffic education	127
4.4.7 Cyclo-tourism	128
4.5 References	129

5 HEALTHY LIFESTYLE AND WINTER SOJOURN IN NATURE

Jaroslav Vrbas, Marek Trávníček	131
5.1 Localisation of outdoor education—Ski resort Herlíkovice	131
5.2 Course Organisation	132

5.3 Frame and Timetable of the Course	132
5.4 Study materials.....	133
5.4.1 Basics of currently used methodology of gliding and turning on snow.....	134
5.4.2 Winter hiking with snowshoes	137
5.4.3 Games and other activities on snow	138
5.4.4 Possibilities of physical activities—“non traditional day”	139
5.4.5 Lectures—theory and practice	140
5.5 References	140

6 INTEGRATED LANGUAGE AND METHODOLOGY COURSE

<i>Svetlana Hanušová, Ailsa Marion Randall, Jaroslav Suchý, Alena Dobrovolná, Pavla Buchtová, Zuzana Kršková, Ondřej Krahulec, Filip Pultar, Ondřej Vitula, Marek Antal</i>	141
6.1 Introduction.....	141
6.2 Localisation of outdoor education—Fryšták	141
6.3 Integrated Language and Methodology Course	142
6.4 Course design	142
6.4.1 Whole course activities.....	143
6.4.2 Course timetable	143
6.5 Activity descriptions	146
6.5.1 Bewitched Pictures.....	146
6.5.2 One Thousand And One Riddles With A Few Thrown In.....	147
6.5.3 Mapping the Territory.....	151
6.5.4 Easy or Tough? Speak off the Cuff!	152
6.5.5 Northwest Passage.....	153
6.5.6 Conquer that Booty	154
6.5.7 All Aboard!	154
6.5.8 Introduction, Icebreakers.....	159
6.5.9 Changes in latitude, changes in attitude	160
6.5.10 Arty Party.....	160
6.6 Conclusion	161
6.7 References	161
6.8 Appendix	161
6.8.1 GDPR statement	161
6.8.2 Northwest Passage—materials	162

7 METHODOLOGY COURSE ON THE DEVELOPMENT OF PERSONAL AND SOCIAL EDUCATION	
Petr Soják	189
7.1 Localisation of outdoor education—Lipnice nad Sázavou	189
7.2 Introductory description	190
7.3 Description of the course realisation in relation to students	192
7.4 Environment description, schedule, and script of the course	195
7.5 Description of selected activities	198
CONCLUSION	202