

CONTENT

INTRODUCTION	9
1 THE CONCEPT OF OUTDOOR EDUCATION AND ITS RELATIONSHIP WITH THE SCHOOL CURRICULUM.....	13
1.1 THE TERM "OUTDOOR EDUCATION"	13
1.2 AIMS OF OUTDOOR EDUCATION IN THE SCHOOL CURRICULUM.....	15
1.3 ANCHORING OF OUTDOOR EDUCATION IN LEARNING STRATEGIES.....	18
1.4 INTEGRATION OF OUTDOOR EDUCATION IN THE CURRENT CZECH CURRICULUM...19	
1.4.1 Educational system in the Czech Republic.....	19
1.4.2 Outdoor education in the Czech curriculum	22
1.4.3 Links between outdoor education and key competencies	26
1.4.4 Relation of outdoor education to cross-curricular subjects.....	32
1.4.5 The benefits of outdoor education to physical activity development ...	33
1.5 ORGANISATION OF OUTDOOR EDUCATION	34
1.5.1 Phases of outdoor education.....	34
1.5.2 Outdoor education aids	36
1.5.3 Health and safety conditions of outdoor education	37
2 CHANGES IN OUTDOOR EDUCATION	41
2.1 ORIGINS OF OUTDOOR EDUCATION	41
2.2 CURRENT STRATEGY OF OUTDOOR EDUCATION	43
2.3 DEFINITIONS OF PARTIAL FORMS OF OUTDOOR EDUCATION IN CONTEXT OF CZECH EDUCATION	47
2.3.1 Excursion.....	48
2.3.2 (Didactic) walk.....	49
2.3.3 Outdoor exercise	52
2.3.4 (School) trip.....	53

2.3.5	School in the countryside.....	53
2.3.6	Course.....	54
2.3.7	(School) package tour.....	55
2.3.8	Education on school grounds.....	55
2.3.9	Inquiry-based forms of outdoor education.....	56
2.4	APPROACHES TO OUTDOOR EDUCATION REALISATION.....	57
2.4.1	Content aspect.....	57
2.4.2	Time aspect.....	61
2.4.3	Localisation aspect.....	62
2.4.4	Organisational aspect.....	63
3	SUGGESTIONS FOR OUTDOOR EDUCATION FOR ELEMENTARY SCHOOLS.....	65
3.1	TYPE TASKS FOR GEOGRAPHICAL OUTDOOR EDUCATION.....	70
3.2	THE CASE STUDY – COMPLEX TASK FOR OUTDOOR EDUCATION.....	74
3.2.1	Preparation of a model geographical case study.....	76
3.2.2	Assignment of model geographical case study.....	82
3.2.3	Solution and assessment of a model case study.....	84
4	RESEARCH INTO OUTDOOR EDUCATION AS A POWERFUL EDUCATIONAL STRATEGY – METHODOLOGY.....	85
4.1	RESEARCH NEED.....	85
4.2	THE AIM OF THE RESEARCH.....	88
4.3	RESEARCH DESIGN.....	88
4.3.1	Content analysis of the school educational programmes.....	90
4.3.2	Structured interviews with teachers.....	93
4.3.3	Questionnaire survey with pupils.....	99
4.3.4	Questionnaire survey with parents.....	100
4.3.5	Triangulation of results.....	101
4.3.6	Measurement of the pupils' physical activity.....	102

5	RESULTS OF THE RESEARCH.....	105
5.1	ANCHORING OF OUTDOOR EDUCATION IN SCHOOL EDUCATIONAL PROGRAMMES	105
5.2	OUTDOOR EDUCATION FROM THE PERSPECTIVE OF ELEMENTARY SCHOOL TEACHERS	116
5.2.1	Implementation of outdoor education by the teacher and the school...	118
5.2.2	Prerequisites and barriers to the advancement of outdoor education...	125
5.2.3	Promoting outdoor education	134
5.2.4	Teachers’ assessment of the outdoor education outcomes.....	135
5.3	OUTDOOR EDUCATION FROM THE PERSPECTIVE OF PUPILS	136
5.3.1	Results of a questionnaire survey with pupils of grades 5 and 6	136
5.3.2	Results of a questionnaire survey with pupils of grades 8 and 9	144
5.4	OUTDOOR EDUCATION FROM THE PERSPECTIVE OF PARENTS	151
5.5	TRIANGULATION OF RESULTS	153
5.5.1	Comparing the SEPs content analysis to the outcomes of interviews with teachers	153
5.5.2	Comparing the teachers’, pupils’ and parents’ views of outdoor education	154
5.6	BENEFITS OF OUTDOOR EDUCATION FOR THE DEVELOPMENT OF THE PUPILS’ PHYSICAL ACTIVITY	160
6	DISCUSSION	167
	CONCLUSION	173
	RESUME.....	177
	RESOURCES	179
	LIST OF ABBREVIATIONS	191
	LIST OF FIGURES	193
	LIST OF TABLES	195
	INDEX	197