



Cohort Camp at Changi Coast Outdoor Adventure Learning Centre

Pasir Ris Secondary School

30 Mar to 2 Apr 2026

Changi Coast
OALC

Key Student Development Experiences (SDEs)



All students will experience the following key SDEs:

- a** **Co-Curricular Activities (CCA);**
e.g. Uniformed Groups, Performing Arts Groups, Sports Teams, Clubs & Societies
- b** **Education and Career Guidance (ECG) Experiences;**
e.g. Career Days, Fairs and Work Attachments
- c** **National Education (NE) Commemorative Days;**
e.g. Total Defence Day, International Friendship Day, Racial Harmony Day, National Day
- d** **Student Leadership Development (SLD) Programmes;**
- e** **Values in Action (VIA);**
- f** **Cohort Learning Journeys (LJs);**
- g** **NRIC Presentation Ceremony; and**
- h** **Outdoor Adventure Learning (OAL) Cohort Camps.**



Key Student Development Experiences (SDEs) provide students with rich and authentic opportunities for CCE beyond the classroom. Explicit teaching and intentional reinforcement of learning can occur through the purposeful design, debriefing, and reflection during key SDEs, in alignment with CCE Learning Outcomes. Schools are encouraged to refer to the CCE Learning Outcomes for Key SDEs to plan for meaningful student engagement.



Background

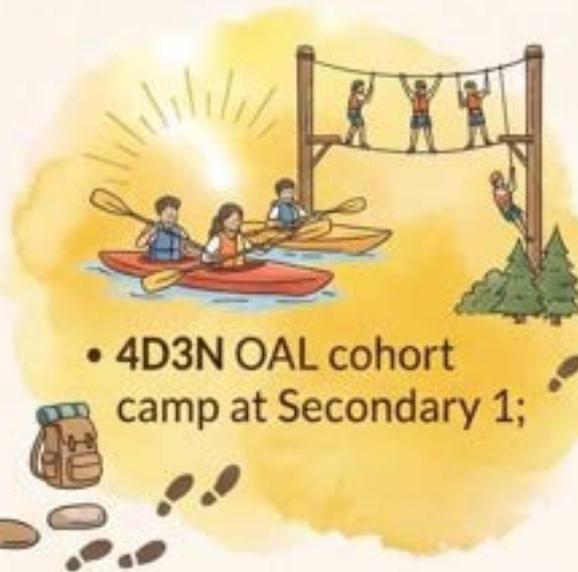


Under the National Outdoor Adventure Education (NOAE) Master Plan, each student is expected to go through the following 3 mandatory OAL cohort camps from Primary to Secondary level:

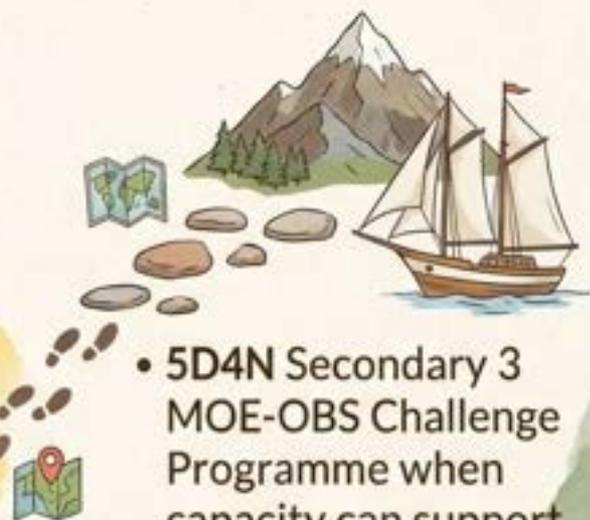
- 3D2N OAL cohort camp at Primary 5;



- 4D3N OAL cohort camp at Secondary 1;



- 5D4N Secondary 3 MOE-OBS Challenge Programme when capacity can support the whole cohort.



INTRODUCTION OF CCOALC

Changi Coast OALC

9 Changi Coast Walk S499741

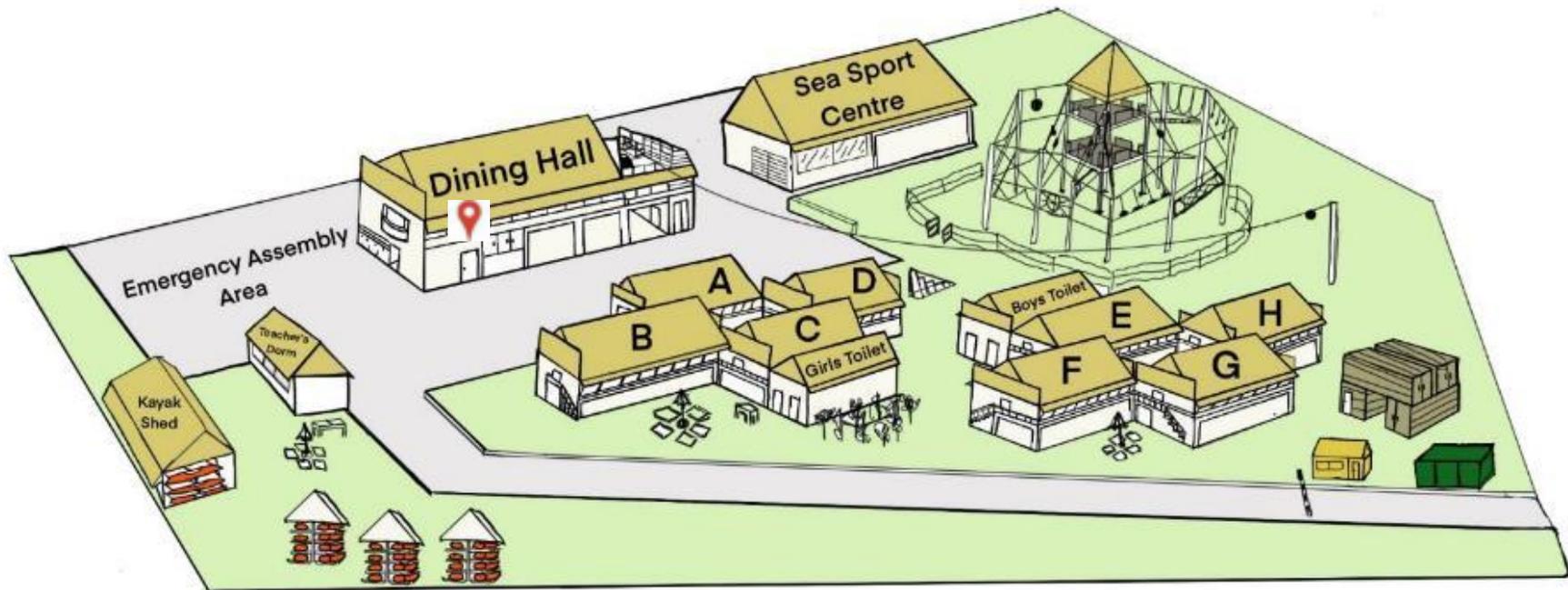


Possible activity venues in the vicinity:

- East Coast Park
- Park Connector Changi Beach Park
- Changi Point Coastal Walk
- Changi Point Park Connector



Centre Layout



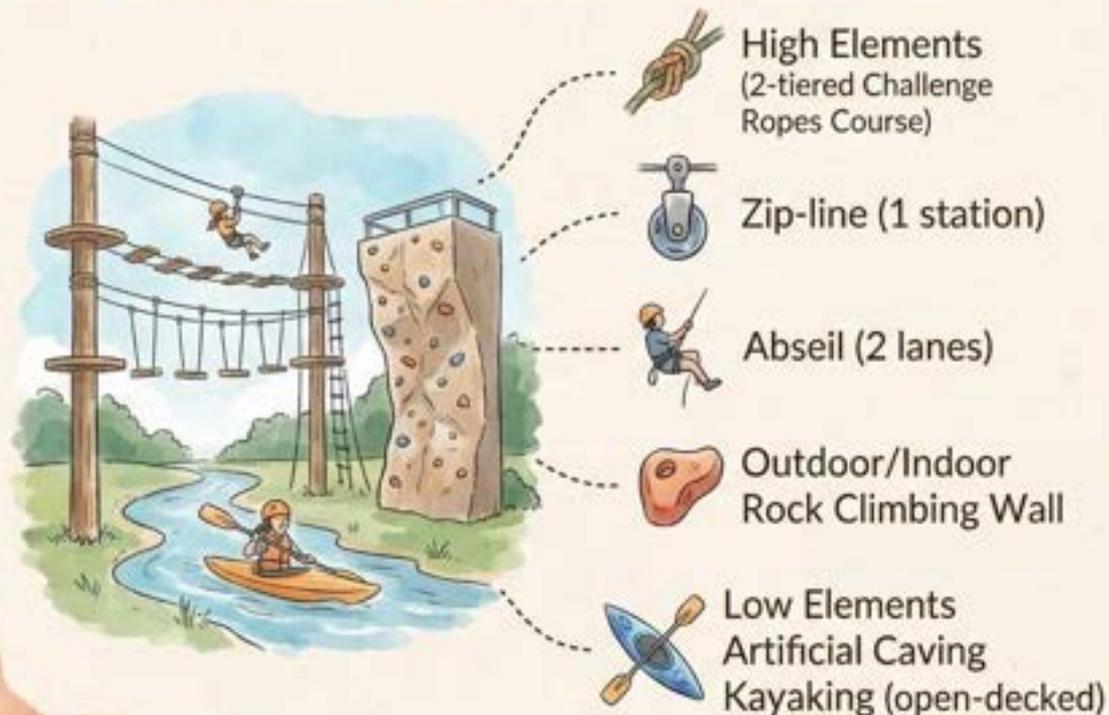
External Emergency Assembly Area: NSRCC

Dormitories



INTRODUCTION OF CCOALC

FACILITIES



High Elements
(2-tiered Challenge
Ropes Course)

Zip-line (1 station)

Abseil (2 lanes)

Outdoor/Indoor
Rock Climbing Wall

Low Elements
Artificial Caving
Kayaking (open-decked)

General Facilities

 2 teachers' rooms
(can accommodate up to 24 pax)

 8 students'
accommodation blocks

 1 sick bay

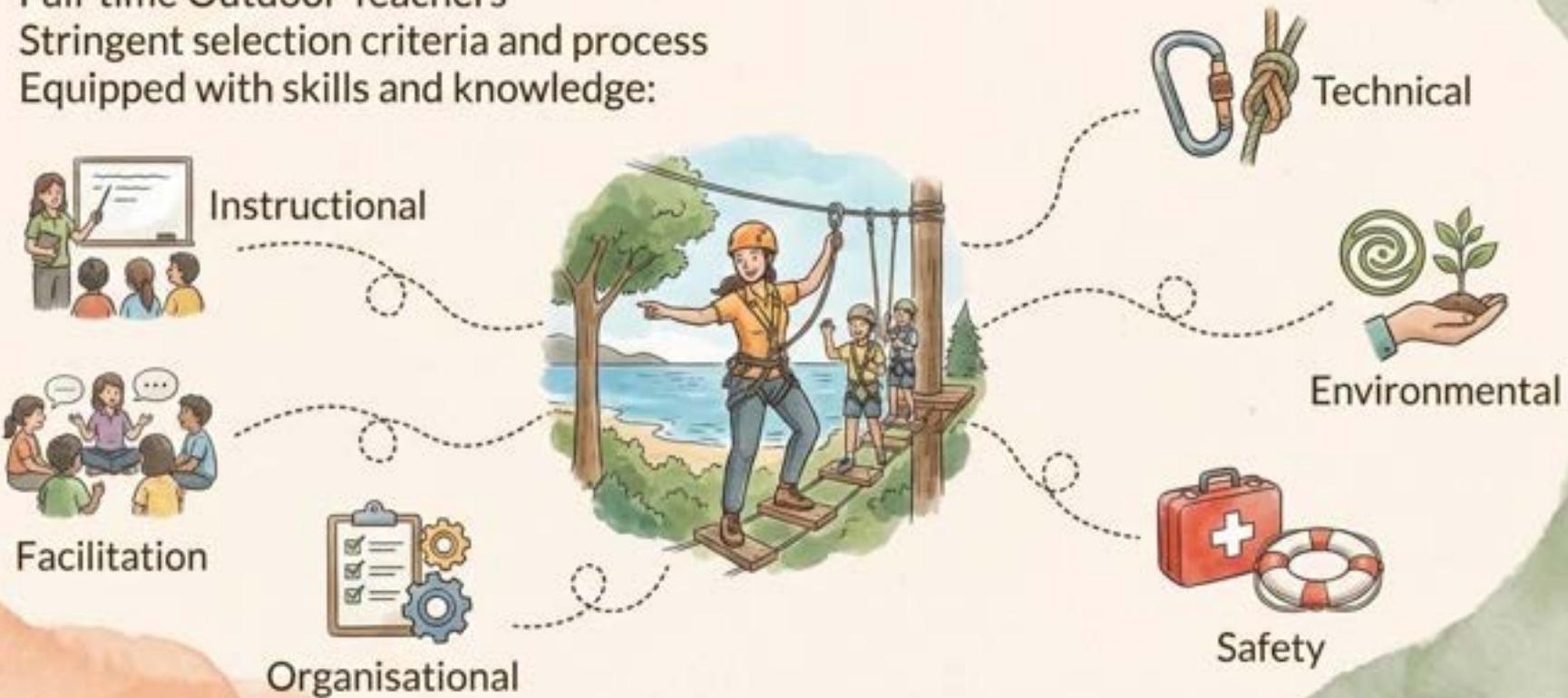
 1 dining hall

 4 outdoor cooking pits

Useful link: <https://www.moeadventurecentres.sg/moe-oalc/changi-coast-oalc>

INTRODUCTION OF CCOALC

Full-time Outdoor Teachers
Stringent selection criteria and process
Equipped with skills and knowledge:





The camp will be run by the team from MOE-Changi Coast Outdoor Adventure Learning Centre.

Camp Commandant :	Mr Iskandar (PE Teacher)
Year Head	Ms Parvin
Outdoor Activities Learning Adult Leader & Chief Safety Officer	Mr Amir HMS (HOD/PE & CCA)
Sec One Home Teachers :	x 14 Home Teachers / Subject Teachers
PE Teachers	Mr Vincent Yew, Mr Ow Kok Meng, Mr Halim
MOE Outdoor Program Managers	Mr Alan Yong Mr Bob Chen
MOE Outdoor Adventure Educators	14 x OAEs and CCOALC Support Team Kayaking Instructors Night Sentries

Roles of OAEs & Accompanying Teachers

Teachers'
Appropriately
Attired



Outdoor Adventure Educator

- Plan and facilitate learning experiences for the group and help students distil their learning from the activities
- Ensure safety of students by carrying out safety procedures and adhering to SOP
- Ensure mental and psychological well-being of students
- Keep students motivated and engaged
- Observe students' behaviour, responses and actions for use in facilitation and consolidation

Accompanying Teacher (AT)

- Provide a **supporting role** to ensure that individuals are well adjusted and coping with the demands of the camp
- Observe students' actions and contribute to the group during **reflection** and **consolidation** sessions
- Partner with the OAE to **ensure the safety** of the students
- Supervise students during mealtime
- **Manage** disruptive behavior of students where necessary
- Provide support for **special needs** students where necessary
- Accompany and active supervision the group **at all times**
- Be physically present when students consume prescribed medication (AT should not administer)



PROVIDING HOLISTIC EDUCATION

Through Outdoor Adventure Learning



DEVELOPING WELL-ROUNDED INDIVIDUALS

MOE aims to have every child experience a holistic education.



FOSTERING 21ST CENTURY COMPETENCIES

Authentic learning experiences for sustainable active and healthy living.



BUILDING RESILIENCE & RUGGEDNESS

Outdoor Education (OE) provides rich learning experiences outside the classroom.

Outdoor Adventure Learning Experiences for ALL



Lower Primary	Upper Primary	Lower Secondary	Upper Secondary
<p align="center">Outdoor Education in Physical Education Curriculum Outdoor skills Outdoor safety Sense of Place</p>			
Programme for Active Learning (PAL)	3D2N Cohort Camp	4D3N Cohort Camp	5D4N Multi-school Cohort Camp in OBS
<p>Cohort Camp Objectives</p> <ul style="list-style-type: none">• Build confidence and resilience• Value diversity through close-knit interaction opportunities• Forge camaraderie through common challenging experiences• Develop a sense of place• Lay the foundation for active and healthy living			 A photograph of a person wearing a white helmet and a blue and white shirt, climbing a rope structure outdoors. The person is looking upwards and reaching for a rope.

LEARNING GOALS

OE in PE Curriculum

MOE OAL Cohort Camp

Primary 5

Secondary 1



- Apply basic navigation skills in a journey using pictorial charts
- Apply key principles and considerations of packing for a day journey

- Apply navigation skills to plan and undertake a journey using a simplified map
- Apply key principles and considerations to plan and cook a meal with appropriate nutrition in the outdoors, using portable stoves and utensils



- Have safety awareness and manage one's safety during outdoor activities

- Apply strategies to identify hazards and manage risks to protect self and others during outdoor activities



- Enjoy and be curious about the outdoors

- Develop an appreciation for the outdoors
- Demonstrate care for the environment



CCE Curriculum

MOE OAL Cohort Camp



Primary 5

Secondary 1



- Be self-aware and manage own emotions, actions and well-being

- Be reflective for improvement of self and one's circumstances



- Respond to challenging tasks positively

- Persevere to complete a task despite challenges



- Build positive relationships with group members

- Value diversity in the group



- Collaborate with group members to achieve group goals

- Contribute effectively to group goals



- Demonstrate responsible decision making towards self, others and the community and environment.



Key Pedagogical Approaches

For OAL Cohort camps



Experiential Learning Approach

Build upon past experiences and learn by making personal meaning of their new experiences through the process of reflection.



Place-Responsive Approach

Using the place as foreground to enrich students' understanding and appreciation of local places.



CAMP GOALS



SELF

- To develop self-awareness and self-management skills to be self-reliant and achieve personal well-being
- To think reflectively and creatively
- To respond positively to difficulties, persevere through hardships and overcome challenges



OTHERS

- To develop social awareness and manage relationships for one's social well-being
- To communicate and collaborate effectively to achieve group goals



PLACE

- To enjoy, appreciate and care for the outdoors
- To build personal connection with the place/environment
- To be aware of social, geographical and historical significance of places around Singapore

To make responsible decisions with regard to the well-being of self, others and the environment.

Programmes

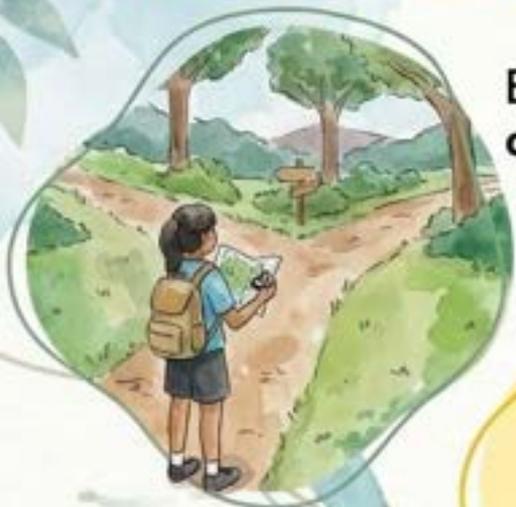
Activities

Programme Design Principles



Provide opportunities for students to:

Exercise agency



Exercise and develop competence



Challenge by Choice



Collaborate with others



Equip & Empower

Equipping students with outdoor skills in PE Lessons



CCE Lessons



Pre-camp preparation
during FT Time



School briefing
to students



Pre-Camp
Activities

During the Camp

Explore & Experience

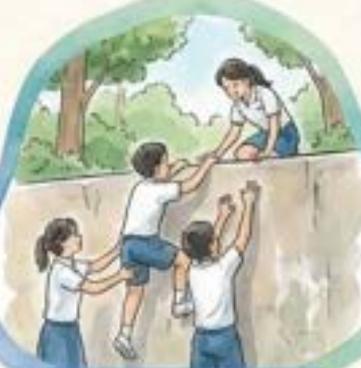
INITIATE



CHALLENGE



BUILD



**CONSOLIDATE
& CELEBRATE**



Initiation Activities



Ice-breakers
& Energisers



Goal-Setting



Forming
Collaborative
Norms

ACTIVITIES: TEAM BUILDING



A group of students in white polo shirts are participating in an outdoor activity. They are standing on a gravel area, and some are reaching out towards a central point. A man in a red shirt and white cap is also present, possibly an instructor. The background shows a concrete wall and lush green trees.

Low Elements

Communicative & Collaborative Games



Team Building Activities

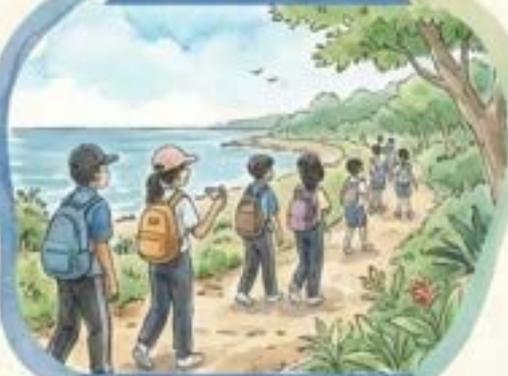
Journey

PREPARATION



Preparation before embarking on journey

ACTIVITIES



ACTIVITIES

Activities along the journey

BUILD RELATIONSHIPS



Enjoy the place and build relationship



COMMON PLANTS FOUND NEAR CCOALC



Pong Pong Tree



Neem Tree



Sea Grape Tree



Lantanas



Cannonball Tree



African Mahogany Tree



Sea Poison Tree

COMMON ANIMALS FOUND NEAR CCOALC



Smooth-coated otters



Malayan monitor lizard



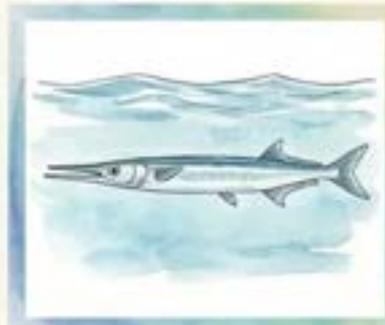
Brahminy kite



Collared kingfisher



Weaver Ant



Needlefish



Hermit crab



Mudskipper



Place-based activities



- Have a better sense of place



- Explore and observe the habitats and environment at Changi



- Appreciate the relationship between self and environment



- Affordance of flora and fauna in Changi Coast OALC

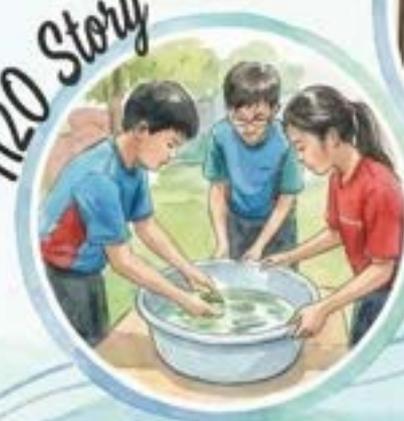
Under the Sea

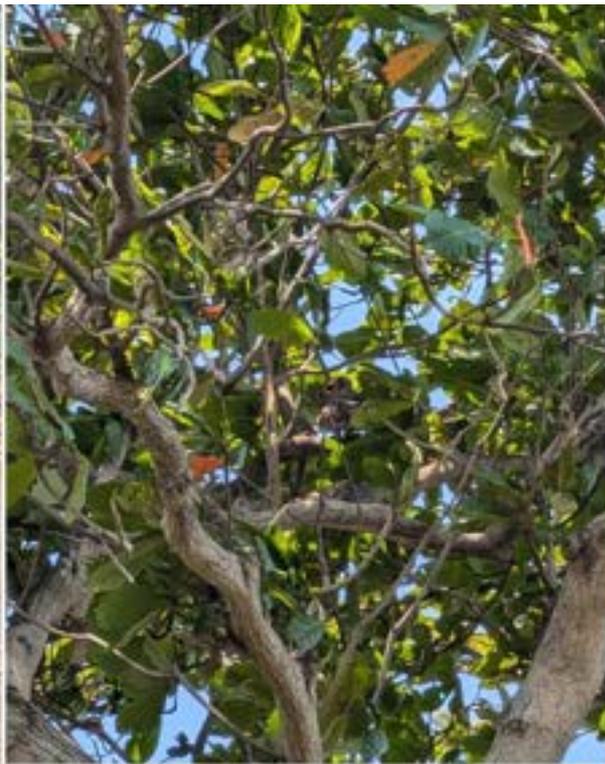


Before We Leave



H2O Story





ACTIVITIES:

NAVIGATION CHALLENGE & FOREST TRAIL

Height Activities

Rock Climbing



Abseil



Tower Circuit



Zip-line





Kayaking



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- Intro to Kayak programme



- Stay in bay



- 1 instructor (KCI) – 10 participants
(minimum)



- 1 safety motorboat (rescue and evacuation)

- 1 Beach Master



*Situation closely monitored pending updates from NEA



Outdoor Living Skills



Navigation



Shelter Building
1 night



Outdoor Cooking



**ACTIVITIES: OUTDOOR LIVING
BUILDING SHELTER / TENT PITCHING**



Artificial Caving



Participant will go through a gap test to determine whether they could proceed with the activity.

Night Activities



Night Consolidation



ACTIVITIES: NIGHT WALK



AFFIRMATION: BEST CAMPERS

Key Safety Pointers



HIGH ELEMENTS SAFETY

SOP: NO HARD OBJECTS ON BODY



Hard objects include watches, body jewellery (rings, ear/nose/tongue studs, earrings, necklaces, bangles, bracelets). Religious items must also be removed.



- Ensures personal and group safety during high-impact activities.



- Prevents injury from snagging or impact.



SOP for HIGH ELEMENTS : MUST wear a tubular headgear



During Height-based activities, students and school staff in the HIGH ELEMENTS Zone **MUST** wear a Helmet.



For hygiene purpose, a tubular Headwear commonly known as BUFF, must be worn beneath the helmet.



School to make sure every student has a BUFF for camp. School is encouraged to provide BUFF for teachers too.

NOT SUITABLE for use in HIGH Elements



Swim cap



Shower cap



Towel



Bandana



Correct Wear:
Helmet over BUFF



HIGH ELEMENTS & LONG HAIR



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a) **MUST** tie their hair up in a pony-tail or plait their hair.



b) tuck their pony tail / plaited hair into the hollow space of the BUFF



c) secure their exposed hair into their t-shirt at the back should their pony tail/plaited hair extend below the length of BUFF behind the head

Camp peripherals provided by the school

1. Buff
2. Track Pants



Safety – Activity & Participants



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We would like to assure you that the safety of our students is of the highest priority. All necessary precautions to ensure the safety of our students will be taken.



Challenge
by Choice



Where applicable, students will have the autonomy to participate at the level of challenge that they are comfortable with.



Our Outdoor Adventure Educators (OAEs) are proficient in outdoor skills and trained in Wilderness First Aid.

Reporting / Dismissal Time



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Reporting



Date: 30 March 2026 (Monday)

Time: 7.30am

Attire: PE Attire with covered shoes

Camping Items in Haversacks or Duffel Bag

Dismissal (From school)



Date: 2 April 2026 (Thursday)

Time: 12.30pm



Meals



1. Halal-Certified Caterer



2. All food – No Beef, No Seafood (Shellfish), No Nuts



3. Snacks may be provided if required



4. Breakfast not provided on 30 March (day 1)



*To highlight to Home Teachers if child have prescribed Epipen and have been diagnosed with known food allergy



MEALS - FULLY CATERED



Emergency

Family Emergency Contacts



School General Office: 6501 0800
After office hours (after 5.30pm):
Mr Amir (HOD PE&CCA):
65010857 (Whatsapp call only)
Mr Iskandar (Camp Commandant):
65010809 (Whatsapp call only)

Injury/Emergency at Camp



Teachers will contact parents/guardians directly.
First Aid and assessment done on-site.
Evacuation to nearest clinic or Hospital (KK Hospital) if necessary.

Camp Philosophy & Approach



Camp activities Approach:
"Challenge By Choice"
(based on student's readiness).
Outdoor adventure setting:
"No news is good news".

Q&A



1. Contact With Child

- Recommends that they do not bring their phone
- Enhanced social interaction

We hope that our students can engage directly with each other, fostering face-to-face communication, teamwork, and building stronger relationships.

- Promote a Tech-free environment

Many of our students are spending a large amount of time on their phones. The camp will provide a break from screens, promoting outdoor activities, creativity, and physical exercise.

- Being more present and mindful, appreciating their surroundings and the experiences they are having.

Q&A



2. Safety Concerns

- For all activities, RAMS have been done to ensure safety of the child. HQ has also reviewed all processes regarding height activities before allowing the resumption of height base activities

3. Will there be water heaters at the shower area?

- There is no provision of water heater at the campsite. We would like to provide the students with an authentic outdoor experience.



Thank You