

Rotorua overnight mountain biking excursion.

The groups that the two classes were put in were sufficiently accurate. The groups were divided into beginners, average, and experienced mountain bikers. This made it a lot easier for individuals as we were put into ability groups. I thought this was a much nicer plan because the ability groups would decrease the amount of issues that may occur during the excursion that may include, getting lost, getting left behind or injury. This was one of the processes we did as a whole group together, which definitely made a huge impact on us all and the group. On day one of the excursion the group I was in (the beginners group) made goals together and decided on a plan of action for the day this was really good because of the fact that we had made it a group/joint decision that we all agreed on. I realised that during the day individuals in the group, like Syba and Bianca started to open up as we spent more time together. We each took on leadership roles and showed great communication and support with each other during the day by always supporting each other when we were riding. We did this by saying things like 'nice riding' 'wow you did primo going down that hill'. I suppose this is because we are at the 'Norming' stage of Tuckman's model as group we had gained confidence because of the ability group that we were in. [REDACTED] was always at the front and mostly lead the path and the pace for the rest of us and I felt that was good because we all had similar abilities toward mountain biking and we were supportful for each other. When we had to go down a difficult steep track, we would support each other individually and I felt that it made a huge impact within the group because everyone felt apart of the group and we got along together. Although during some legs of the track some of us grew tired I noticed that the rest of the group would respond to the needs of others and we did this well with each other as we all had the same pace and had support with us along the entire way. During the end of the day our confidence grew significantly that we became excited for another day of mountain biking in the Redwoods because we tried things that we would have never done and we enjoyed each others company. On day two, the beginning began the same way except that we had to pack up our gear early to head off to mountain biking. When we got back to the Redwoods the group acted on feedback from our performances the day before which made planning easier as we reflected on the types of tracks we were able to do and our level of confidence. During the day the groups communication became more positive as we had developed more of a positive attitude toward this activity and therefore we had lots of support during the day. Once I found Bianca and I near the front of the group walking down the hill because [REDACTED] had fell, but we got ahead of the issue and checked to see if [REDACTED] was okay and identified where the problem may lie and notified the others to prevent further risk of injury to the other group members. This action made me feel that we not only cooperated well as a team but we always used our initiative. We always maintained on task and we kept wanting to move up levels to try new things so we decided to go further in the redwoods to try an advanced track which we were all nervous about at the start but we had fun and made it through with no injuries in the end because we all actively participated and put our practice and encouragement to work. I believe that the functioning of the group was good. This is because our planning, cooperation and encouragement within the group went well and at the end of each day we were happy and enjoyed our time.

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Waitakere Ranges, 3 day tramp.

For this tramping excursion, the groups have had planning and training done a few weeks prior. The planning and training done ensured that each group member would know what to do while on this excursion and have had some experience to the environment that we would be travelling in that would further reduce risks such as injury to individuals or getting lost. This is because the planning included planning for meals and what gear would be appropriate to take and the training for example would include map reading and how to pitch a tent. I realized that throughout this excursion our tramping group showed that our group processes and functions that we have used had developed our group further as a well managed group because the processes and functions had a positive effect on each individual and not just some. The group processes/functions were we made decisions quickly, had effective communication, responded to needs and changes in the group/individuals and environment, worked co-operatively and considered and evaluated feedback co-operatively. As a group we would always display effective decision making before tramping at each stop. We did this by notifying each group member with information such as what time we were expected at a destination or which track to take. For example when [REDACTED] took over, he had was obliged to tell us what track we were taking and he would decide when we would take a break and this made the group feel confident in him to lead us and to carry on with the tramp as we were supposed to go and what to expect, and every member respected each leaders decisions as we all had similar knowledge about these tracks and where to go. Each of us had shown effective communication and co-operation throughout the 3 day tramping experience.

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This was because each of us would work together no matter what the situation and the environmental conditions. For example when [REDACTED] was leading he would have always communicated to us if he thought there was a hazard above and would sometimes advise us on how to overcome these and he would get along with all members and encourage us to get moving by praising us and influencing us with a positive behaviour and helping us with difficult situations. Although some of us would really find it difficult a group member would always find a way to encourage us, for example when i was too tired to walk on the second day [REDACTED] walked with me to help motivate me to go faster and it had worked because i felt more apart of the team and motivated. Moved faster together because we all worked efficiently together and helped each other out.

For example when we were crossing rivers, we would use communication to help each other out such as using positive words to help motivate members and instructions from the people who've crossed on how to cross the river without falling. This made us work faster and develop our group dynamics further because we learnt to work together and helped each other in a tricky situation. This team effort from everyone and cooperation needs to continue happening. With this, we would all be able to work through difficult situations faster as a group and get things done. On the last day, things have gone better for us as other group members learnt from others feedback and we were more compelled than ever to get through the day together as a team. In conclusion the functioning of the group throughout these three days have been excellent, this is because from day 1, the group had already displayed effective functioning of the group by showing effective communication and cooperation. This may be due to the groups previous excursions together, but if the functioning of the group wasnt good we would not have helped out each other or encouraged one another.

Ponui Island overnight camp.

Our day started off early as we had to arrive at school before 8.15am. We had planned for this overnight camp for about 5 weeks now and have been educated and prepared for this with lessons and experiences on and about kayaking. It was good that our class had already gotten to know each other, because we haven't really gotten to know the other class just yet. Our social identity within both classes were similar, which meant that we had the same interest and views on the outdoors and in sports. Getting to spend a day already with the other class was good as we avoided any conflict overnight with people that we were yet to know and to spend more time with them to know them better like we have with our class. The first stages of planning for our camp we had to know one another, which was done. We then got to the point where we had to plan who we wanted to stay in a tent with. It was simple for the girls as there was only three, [REDACTED], [REDACTED] and I. Then there was 6 other boys, our groups formed easy and we learnt to read weather forecasts, put up a tent and use cookers specially made for the outdoors. The tasks were simple, but it was good to go other them to recap our minds and get a similar experience of what it would be like in the outdoors. We had to make list of equipment in our groups of three of what to take with us on our adventure, then shared this with the class which had then formed to a class discussion. There were many good points made and few arguments and which things were essential to take. We had many ideas of the sorts of food we were going to take to our outdoor camp, and my group and i didn't have any arguments on any of our choices, the food suited everyones dietary needs or concerns. [REDACTED] is in my tutor class so i already know her well, just as i have with [REDACTED] our German exchange student. The others were all in different classes and [REDACTED] and I are already in two other classes together. Within my group we decided on who was going to take what so we could evenly distribute our load so that our packs would not be so heavy. The boys wanted to bring things which needed eggs or milk but they had to substitute with things such as sweetened condensed milk instead or having to bring extra containers for liquid things. My group and i decided on pasta with some meat, sausages, and vegetables, courgette so that it was easy to cook and clean up afterwards, as some foods proved to leave too much mess afterward like eggs or fish, like [REDACTED]. Everyone had a turn to take on the leadership role and we looked out for one another out in the sea, different people had different and common positives in their way of leading a group. Noone had any grudges with one another, and the weather on the next day didn't put any of our group in a bad mood, but made us work closer with one another and strengthened our bond with the other class. I found that the thing that had worked out the best with both classes was teamwork, because we all looked out for one another and had gotten to learn about each other more the more that we had to stay out there. Through the tough weather we were more determined to help each other and got to know people from the other class as we had to merge our groups together.