Planning an Adventure

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| Timings | **Prep** | | | **Delivery** | | **Tidy** | | Participants | | **Min** | | 2 |
| 20 min | | | 1.25/.5 hr | | 5 min | | **Max** | | 1 x Class |
| Target | **P1-4** | | **P5-7** | | **S1-2** | | **All** | Location & Facilities | | Classroom / Indoors | | |
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| RiskAss. Req’d | **Y** | **N** | | **DONE** | | | | | Ratios | | 1 adult to 30 pupils | |
|  |  | |  | | | | |
| Subject & Topic Linkages | General class  Health and Wellbeing  Bikeability training (ideal to add on after Level 2 Training) | | | | | | | | Curriculum Links | | N/A | |
| External Assistance | I Bike Officer / Outdoor instructor or school champion | | | | | | | | | | | |

Timeline

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| Kick off | * Agree dates with school (good classroom activity or contingency if outdoor session not possible) |
| 1 month before | * Check equipment available |
| 2 weeks before |  |
| On the day | * Set up classroom |

### Resources/Materials Required

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| Item | Qty |
| Ride/ Walk leader kit bag/s, Leaders Jacket, Waterproof trousers, Helmet (bike ) Gloves Buff, Sunglasses, sturdy shoes. | 1 of each |
| First aid kit (mountain leaders) / ice packs | 1 |
| Tool kit (bike) include, puncture repair kit / Allen keys or quick tool / chain tool / small plyers / spanners / / 13mm, 14mm, 15mm / small flat head and star screwdrivers /small adjustable spanner/ tyre levers x3 / x3 zip ties / piece of milk bottle (tyre boot) / Insulating tape / split link chain connector plyers (optional ) | 1 of each unless stated |
| Good quality Pump (x2 adapters) | 1 |
| Bike spares include, Inner Tubes (Presta so can fit any wheel) at least x2 (assorted sizes) / brake pads x2 sets (v Brakes ) / power links (assorted chain sizes) rear hanger multi-fit (optional) / bar end plugs (handful) | 1 of each unless stated |
| Charged mobile phone(s)/ group shelter / survival bag / small bottle of water / Map Compass / whistle / spare clothes include base layer, gloves , hat | 1 of each unless stated |
| Coins for a call box | 1 |
| Emergency rations (jelly babies/ haribo / chocolate ) | 1 |
| Training Requirements | |
| Ideally Cycle Ride leader or British Cycling Mountain Bike Leader L2 or Sustrans Walk leder or equivalent however not essential | |

Key Learning Points/Aims

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| 1 | Understanding and identifying what’s required when going to wild places |
| 2 | Demonstrate problems solving |
| 3 | Demonstrate team building and ability to work in a group |
| 4 |  |

Lesson Objective

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| * Life skills * Understanding adventure |

# Lesson Structure (including timings):

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| **Preparation 15min**   * Either as the I Bike Officer or School staff member place a table at the front of the classroom with enough room to empty all your leader equipment on it. * If you have a tool kit you carry on trips please empty it. * Use your waterproof jacket to cover the equipment |
| **Main Activity**  **Introduction: 10 mins**   * Explain to class how the lesson will work. * Talk about what an adventure could be from a small cycle or walk in the local woods right up to a month cycle touring or multi day canoe, sail or hike. if you happen to have access to photos or slides (show people undertaking these activities) * Now ask the children what experiences they’ve had to grasp what knowledge they might have – scouts, school camps etc.   **What do we need to plan an adventure – 10 mins**   * Ask children what they might need to know before going on an adventure white down answers on the board * Some leading questions to begin with might be useful     **Equipment shootout 20min**   * Ask children what might be under the jacket? – writing suggestions on the board as you go * Once you get into this, leading questions like what would we need to communicate? A phone / money for a callbox etc., * Also talking about why answers are good – first aid kit – good, in case someone has an accident. * Once you feel they have most of the answers then get them to gather round the table.     **Equipment talk 20-30mins**   * So talking through the benefits of certain safety equipment and why you as the leader might carry it and why they might need to carry other things for example a charged phone and a snack for them and a group shelter or mountain first aid kit for group leader. * There’s lots of discussion points in this activity so take your time – tools for example like a chain splitter, ask the children what this? It might take some time for them to get this also they will have some imaginative answers. * Also throw in a few random things –for example I always carry a Frisbee for two reasons – something to do on a break on a ride, make shift mechanics plate if dealing with a mechanical on a ride and saves me loosing nuts washers etc. * Also a great time to introduce the different types of maps ahead of route planning workshop   **Finish up de-brief 10 mins**   * Ask them their views on what they might carry next time they go on a small adventure? |
| **Progression Options**   * Map reading and route planning lesson plans |
| **Feedback to Participants**   * Positive or identify if they aren’t doing tasks in order |

Plan for next time

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| * What would need to be done for staff to lead? |

Resources

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| * Personal photos of adventures / photos of other people’s adventures / * YouTube video of adventures for example <https://www.youtube.com/watch?v=73LOZcoE_tE> * If your struggling to source everything speak to your local I Bike Officer who could lend you equipment for example group shelter, survival bag etc. |