Planning an Adventure

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| 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 |
|  |[ ] [x] [ ] [ ]   |  |
| RiskAss. Req’d | **Y** | **N** | **DONE** | Ratios | 1 adult to 30 pupils |
|  |[x] [x] [ ]   |  |
| Subject & Topic Linkages | General classHealth and WellbeingBikeability training (ideal to add on after Level 2 Training)  | Curriculum Links | N/A |
| External Assistance | I Bike Officer / Outdoor instructor or school champion  |

Timeline

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

### Resources/Materials Required

|  |  |
| --- | --- |
| 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

|  |  |
| --- | --- |
| 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

|  |
| --- |
| * Life skills
* Understanding adventure
 |

# Lesson Structure (including timings):

|  |
| --- |
| **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

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

Resources

|  |
| --- |
| * 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.
 |