

Adventure Quest Course Details

Explorer (Personal challenge)

- Treasure hunt
 - Following a laid trail
 - Journey using a new form of transport
 - Climbing
 - Abseiling
 - Swimming
 - An adventure walk around a park
1. Decide what or where to explore
 2. Think about what you expect to find
 3. Go on the exploration
 4. Tell others in the school what they have discovered.

Suggested places to visit and explore include:

- Seashore
- Forest or park
- Woodland
- Town.
- Other
- Decide what to do and try and work out what might happen
- Investigate something of interest to find out how it works; or grow something from seed
- Tell others what they saw and discovered.

Some examples of experiments could include:

- Growing a bulb
- Growing mustard and cress, a seed potato, bean or carrot top
- Showing how a torch works from the bits that make it up and how to change the bulb
- Take part in at least one experience (camping) with a minimum of one night away.
- Learn a new skill and use it, for example, backwoods cooking, use of a compass.
- Take part in three new outdoor activities that they have not done before, for example, shelter building, tracking, pioneering,
- Archery, Skiing, Abseiling.

Explorer survival and challenge (Navigator)

1. Understand how to use the key of an Ordnance Survey map.
2. Be able to use 6 figure grid references.
3. Explain how to find north on a map and how to set a map to North.
4. Locate your home and Pack meeting place on an Ordnance Survey or street map.
5. Understand contour lines on an Ordnance Survey map.
6. Be able to identify ten Ordnance Survey map symbols
7. Use an Ordnance Survey map during an outdoor activity.
8. Know the eight points of a compass and use them during an outdoor activity.

Explorer & survival and challenge

1. Know how to prepare for a one-day expedition to the countryside (e.g. correct clothing, footwear, First Aid kit and food).
2. Take part in two outdoor expeditions or journeys.
3. Under adult supervision build and light a fire or use a stove and then make a hot drink.
4. Find your way along a route of at least one kilometre using one of the following methods:
 - o compass
 - o map
 - o landmarks
 - o Tracking signs.
5. With other, camp under canvas for at one night.
6. Help pack personal kit for your camp.
7. Help to pitch and strike a tent and know how to take care of it.
8. At camp, help to prepare, cook, serve and clear away a simple meal, - if possible out of doors.
9. Know how to look after yourself and be safe at camp.
10. Take part in at least three of the following while at camp:
11. camp fire
12. Help to tidy up the campsite before they leave
13. Decide what or where to explore
14. Think about what they expect to find
15. Go on the exploration
16. Tell others in the group what they have discovered.
17. Suggested places to visit and explore include:
18. Know how to make a simple fishing rod
19. Now which types of bait to use to catch fish

Survival and challenge (Personal safety and awareness)

Know what precautions you need to take and what to do if fire breaks out in your home.

- Be able to identify the common causes of accidents in the home and how they can be prevented.
- Know what precautions to take to protect your home from crime.
- Know how to make an emergency telephone call, including using mobile telephones, to call the emergency services. Know where the nearest public Telephone box is to your house, or where you can make an emergency call should their phone be out of action.
- Make a list of useful emergency numbers.
- Plan a route away from home and write down the possible dangers and any preventative measures you would consider keeping safe.
- Road safety (cycling)
- Caring for a younger brother or sister / friend, when not being supervised by an adult
- Find naturally growing food you could use in preparing a menu
- Now which naturally growing foods are poisonous

Survival and challenge (First aid)

- Understand and recognise dangers in the house and outside.
- Know what to do at the scene of an accident.
- Know how to open an airway.
- Know how to treat minor cuts, scratches and grazes.
- Know how to deal with burns and scalds.
- Know how to clear an airway, give rescue breaths and place in the recovery position.
- Know how to deal with minor bleeding.
- Know what to do at the scene of an accident.
- Know when and how to contact the Emergency Services.
- Be able to respond to the needs of an unconscious patient.
- Know how to open an airway, give CPR and how to place in the recovery position.
- Know how to deal with burns and scalds.
- Know how to safeguard against the effects of heat. Know how to recognise and treat heat exhaustion.
- Know how to safeguard against the effects of cold. Know how to recognise and treat hypothermia.
- Recognise the symptoms of shock and how to treat a casualty.
- Know how to deal with choking.

- Know what to do at the scene of an accident.
- Know when and how to contact the Emergency Services.
- Be able to respond to the needs of an unconscious patient. Know how to open an airway, give CPR to both an adult and a child and how to place in the recovery position.
- Know how to deal with both minor cuts and bleeding and major bleeding injuries.
- Know how to deal with burns and scalds.
- Know how to safeguard against the effects of heat. Know how to recognise and treat heat exhaustion.
- Know how to safeguard against the effects of cold. Know how to recognise and treat hypothermia.
- Recognise the symptoms of shock and how to treat a casualty.
- Know how to deal with choking.
- Know the common medication procedures used by individuals with asthma and how to deal with an asthma attack.
- Know how to deal with an injury to the head.

Camp skills (CAMP COOKING)

1. Build emergency shelters Using ropes and tying knots.
2. Make objects to store camping equipment from natural materials.
3. Set up tents.
4. How to store and repair tents.
5. Use natural materials for camouflage.
6. Looking after personal items.
7. Use a knife safely Use an axe safely.
8. Explain how and where to shop for food and how to transport it.
9. Demonstrate proper storage and cooking under camp conditions.
10. Demonstrate how to prevent cross contamination and food poisoning prevention.
11. Devise a day's menu (including quantities) for a group of 4 to 6 people consider any cultural, religious, vegetarian or dietary needs of the group.)
12. Successfully cook and serve the day's menu.
13. Types of wood suitable for burning.
14. Know fire lighting safety, light a fire not using matches (strike sticks, chemical,)
15. Make a structure for hanging cooking pots and billy's.
16. Make a structure for cooking pots or frying pans.
17. Use charcoal.
18. Cleaning or preparing cooking utensils
 - Cook the following foods:
 - Bread
 - Fish
 - Apples

- Vegetables
 - Sausages
 - Beef or veggie burgers
 - Marshmallows
 - Dehydrates foods
 - Know how to prepare vegetables for cooking
 - Make a simple stew
19. Build emergency shelters Using ropes and tying knots
 20. Make objects to store camping equipment from natural materials
 21. Set up tents
 22. How to store and repair tents
 23. Use natural materials for camouflage
 24. Looking after personal items
 25. Use a knife safely, use an axe safely.

Camp skills

1. With other, camp under canvas for at one night.
2. Help pack personal kit for your camp.
3. Help to pitch and strike a tent and know how to take care of it.
4. At camp, help to prepare, cook, serve and clear away a simple meal, - if possible out of doors.
5. Know how to look after yourself and be safe at camp.
6. Take part in at least three of the following while at camp:
7. camp fire
8. help to tidy up the campsite before they leave.

Explorer (Naturalist)

1. Make a survey of a hedgerow or wild area. Be able to identify at least six species of wild flowers, grasses or ferns.
2. Keep a record of birds you have spotted over one week. Be able to identify at least six wild birds.
3. Make a survey of a pond, river, stream or seashore. Be able to identify some of the animals, fish, insects or plant life you find.
4. Be able to identify six types of insect you find.
5. Identify six different trees or shrubs from their leaves, shape, fruit or nuts and make a bark rubbing.
6. Identify six butterflies, moths or frogs and talk to a Leader about their life cycle
7. Investigate something of interest to find out how it works; or grow something from seed
8. Tell others in your group what they saw and discovered.

Some examples of experiments could include:

- Growing a bulb
- Growing mustard and cress, a seed potato, bean or carrot top

Recycling and conservation

- Find out about things that can be recycled. Over a period of four weeks show how the school have recycled some things.
- Find out about the work of an international charity that helps around the world, for example, OXFAM, UNICEF. Present their findings.
- Run a campaign over a month to encourage people to conserve energy or water.
- Find a use for an item we normally throw away
- Experiment on how to recycle water, heat water and purify water.

International Awareness And Citizenship (Communicator)

- Make a verbal, taped or a newsletter report of a disaster or event either past or present in another country
- Find out how people with a visual or hearing impairment communicate (e.g. Braille, Makaton or British Sign Language).
- Learn a simple phrase in an alternative form of communication
- Tell a story about an experience you have shared with your organiser. Make sure that you communicate clearly and that those listening are following the story.
- Hold a simple conversation in another language.
- Write and decipher three simple messages using codes, ciphers, invisible ink, or semaphore.
- Memorise a short message and re-tell it 15 minutes later.
- Pass a message to someone using amateur radio.
- Show how to use a public telephone.
- Describe how to make an emergency call, and what you would need to tell the emergency operator.
- Receive directions or instructions to do something. Check with the information provider that you have understood and then followed the directions or instructions.
- Arrange for someone that you know to give you a call. Take down the message, making sure that you have all the relevant details.
- Find out about and show you can use at least three of the following: fax (facsimile) machine, answering machine, mobile phone, email, text messages, pager or voice mail.

Using email, demonstrate that they can:

- Send an email
- Reply to a sender
- Reply to more than one sender
- Open an attachment
- Explain what a computer virus is, the possible effects and how they can be prevented.
- Choose three additional activities out of the following:
- Use a piece of presentation software (e.g. Powerpoint) to give a presentation to an audience.
- Devise a simple database that could be used by their Section for a particular purpose, e.g. camp records, general records.
- Produce a local map showing local facilities and places of interest.
- Find t about other children's home countries: Religion, Culture, food, fashion, customs, sport, language etc
- Know how to greet them in their language and speak a few words.
- Produce a short practical guide to help a visiting child to your country.
- Find stories and traditions. These could be from books, videos or other sources.

Sports Interest (Scientist)

- Find out about your place of worship including something about each of the following
- The people involved, their titles and what they do
- The important or sacred objects
- The Festivals and customs
- The stories and traditions. These could be from books, videos or other sources.

The Physical World

- Make a simple switch. Show how it could be used to control a light bulb powered by a battery.
- Show how electrical currents produce magnetic, chemical and heating effects, and explain what happens.
- Show that hot air rises.
- Make an artificial rainbow by splitting up a beam of white light.
- Make a pin-hole camera and understand the principles of operation.
- Keep simple weather records over a month, e.g. rainfall, temperature, cloud cover, wind direction.
- Make a simple compass and show the effects of metallic and magnetic materials upon it.
- Make a simple periscope.

- Show how to recover dissolved substances from a water solution.
- Recognise three different constellations.
- Make a model to show how the Earth orbits the Sun

The Living World

- Make some yogurt and find out how living organisms are involved in the process.
- Grow cress (or a similar plant) and investigate what happens when light and water are excluded from it.
- Use a net and jar to find out how many different creatures live in the water and mud at the edge of a pond.
- Set up a wormery or ant colony and record the activity over a few weeks.
- Grow a bean or pea. When the root and shoot are visible investigate what happens when the seed is turned upside down and left to continue growing.
- Collect seeds from various plants and discover how these are protected and dispersed.
- Grow crystals or make crystal shapes from paper
- Investigate what happens to their pulse rate before during and after exercise.
- Showing how a torch works from the bits that make it up.

Sports Interest (Sport Hobby)

- Know the safety rules relating to the hobby (if applicable).
- Show a continuing interest in your chosen hobby, interest or activity for two months.
- Show your teacher or others how you pursue their hobby, interest or activity. Show what equipment, materials and background information you have used.
- Discuss with your teacher how your plan to develop their hobby, interest or skill in the future
- Know the rules and laws for a sport and explain them to an adult.
- Have good background knowledge of the teams and sports personalities of your chosen sport.
- Explain what equipment is needed for the sport.
- Be able to list some major events for the sport of your choice.
- Give a description of events that you have attended in pursuit of your interest. If this has not been possible
- Explain the safety rules that apply to all water activities.

SPORTS INTEREST (Swimming)

1	<i>Safety:</i>	Know the safety rules and where it is safe to swim locally. Explain the rules governing swimming water safety.
2	<i>Enter Pool:</i>	Demonstrate a controlled entry or dive from the side of the pool into at least 1.5 metres of water.
3	<i>Short Swim:</i>	Swim 50 metres in shirt and shorts.
4	<i>Tread Water:</i>	Tread water for three minutes with one hand behind their back.
5	<i>Water Skills:</i>	Surface dive into 1.5 metres of water and recover an object with both hands from the bottom. Return to the side of the pool holding the object in both hands. Enter the water from the side of the pool by sliding in from a sitting position. Using any floating object for support, take up and hold the Heat Escape Lessening Posture for five minutes.
6	<i>Distance Swimming:</i>	Swim 400 metres without stopping.
7	<i>Swimming Activity:</i>	Take part in an organised swimming activity

	<i>Safety:</i>	Know the safety rules and where it is safe to swim locally.
2	<i>Enter Pool:</i>	Demonstrate a racing dive into at least 1.5 metres of water and a straddle jump into at least two meters of water.
3	<i>Short Swim:</i>	Swim 100 metres in shirt and shorts. On completion, remove the additional clothes and climb out of the pool

		unaided. Time limit three minutes.
4	<i>Tread Water:</i>	Tread water for five minutes, for three of which one arm must be held clear of the water.
6 pass a	<i>Distance Swimming certificate:</i>	
7 pass a	<i>Swimming skills certificate:</i>	

Hobbies and Interests.

From the list below choose a hobby or sport for a minimum period of one term .

Amateur Radio	Science Club	Drama and Theatre Skills	Marksmanship .22rifle
Technology	Fencing	Golf	Jazz Group
Sailing	Riding	Shooting Clay Pigeon	Squash
Tennis	Trampolining	Wind Band	Judo
Karate	Music	Chess	Modeling
Art	Chefs club	Strings	Orchestra
Badminton	Basketball	Fives	Library

Adventure

Take part in one of the following:

- Caving
- Climbing
- Canoeing
- High-Ropes
- Any adventure trips offered at school

Show the following skills:

- Personal safety

- Group safety
- Correct clothing and equipment and care taken in using or wearing it
- Rules that apply to the particular activity
- Improving a technique.

Team and Leadership

- Solve problems in a group
- Complete a course of challenges
- Know how to communicate your ideas and listen to others ideas
- Dealing with and avoiding conflict
- Getting on with others
- Hold a position of responsibility
- Lead a group of younger children
- Set up a challenge for others to solve
- Be able to plan and execute solutions to problems