

# The Great Outdoors

Here is a lovely by Outdoor Ed lesson by Kitty Bonsor - first aid, route planning for her family walk and step-by-step guide on how to pitch a tent. During this time of lockdown, why not pitch your tent in the garden and sleep under the stars?!

## Week 5

### Objectives



Aim:




1. Preparing for first aid at home
2. Review route planning
3. Understanding how to pitch a tent
4. Plan how to pack a rucksack




### Task 1:

Preparing for first aid at home

Please collect your first aid kit at home or from the car and create an inventory list of what is in there. If there are any items which you are unsure of please research them as to what they are and which injury you would treat with them.

Item	Quantity	What would you use it for?	Do you know how to use it?	Example
Triangular bandage	2	Immobilising the arm e.g. Broken arm, fractured wrist, crack collarbone	Yes	
Burn gel	1	Cool and sooth the burn.	There are instructions which I have read.	

dressings strip	1 metre	To cover an injury so it doesn't get infected. e.g. graze	yes	
Safety pins	6	To pin something together e.g. clothes	yes	
plasters	10	To cover a cut or graze.	yes	

Alcohol free wipes	2	To clean an injury so it doesn't get infected.	yes	
whistle	1	To get some one's attention	yes	
Eye and finger dressing	2	To cover a wound	Sort of.	

## Task 2 – Plan and complete walking route

The walking routes which some pupils submitted were too basic and similar previous weeks. The aim was for you to split the journey up into legs and mapped them individually. Please map below your route from last week if you did not do this correctly:

Leg	Location name/description	Distance	Time est.	Notes (e.g. stops, escape/alternative routes)
1	home to the canal	1.777 miles	44 minutes	have a break when you get to the canal
2	canal to Daventry country park	2.87miles	1h 9 minutes	have a break when you get to the park
3	around the reservoir at the park.	2.1 miles	50 minutes	Have a break half way around the country park.
4	from the park to the canal and along the canal.	2.5	1 hour	have a break at the canal.

5	canal to home	1.777	44 minutes	.
6				10 minute breaks apart
7				
8				
9				
10				
<b>Total distance</b>			<b>Total time</b>	<b>Estimated end time</b>
<b>11.024 miles</b>			5 hours 8 minutes	

### Evaluation

Please evaluate the legs of the route which you walked answer the questions below as a starting point.

Leg	Evaluation of the route.
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	Did you have enough rest breaks? Where the legs the correct length?
	What did you take with you? What would you do differently next time?
1	I think I had enough rest breaks but my sister said she didn't.
2	I took lots of water and some snacks. I also took a sandwich for lunch.
3	I think it was a bit too long and each leg could have been a little bit shorter.

### Task 3:

Understanding how to pitch a tent and plan how to pack a rucksack.

**With a tent option:** Create a 10 slide 'how to guide' on how to pitch a tent with your own pictures. This does not need to be completed today as you may need help. Please complete by Tuesday next week.

Step by step instructions	Photos
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1 Lay the tent out and untangle the poles



2. Assemble the poles and lay them out in length order-there should be one shorter one leave that out.





3.thread the 4 bigger poles into the thin sleeves



4.put the pins in the end of the poles to secure them



5. take the inner tent inside the outer tent and start securing them together



6. thread the smaller pole through the sleeve at the entrance



7. Pin the tent down



8. Attach guy ropes and pin those down too



9. Attach the fly material at the top to stop the water getting in

No picture

10. You've finished



**Without a tent option:** Watch this [link](#) to know how to pitch a tent like ones we use in school.

Create a 10 slide 'how to guide' on how to pack a ruck for a now night expedition with a partner with your own pictures.

This is the 65 litre rucksack which you are planning to pack.



You need food for lunch x2, dinner and breakfast. You need to make a packing list of what you need to include and the lay it out and photograph each groups of items. Then place them in the order which you would pack from the bottom upwards. This is the tent which you and your partner will need to carry as well please use images online of the tent). I will carry the cooking stove and gas for you.

Packing list	Quantity	Photos	Packing order (from the bottom to the top)
1.			
2.			
3.			
4.			
5.			

6.			
7.			
8.			
9.			
10.			