

OVERVIEW:

Year: 5/6

Key Learning Area(s): Outdoor Learning, Outdoor and Adventurous Activities

Preparation and resources: As a Leader, gather all personal and team resources prior to training. This will enable good practice throughout the programme. To familiarise yourself with the session plans and prepare accordingly.

Learning intention: The foundation of the 3 Tors Challenge provides a collection of four, weekly hour sessions (within the school grounds), where participants receive progressive training. This includes the preparation required to participate in a *challenge*, gain knowledge of how to behave in a *wild place*, learn how to *navigate using a map and compass* and develop skills in *leadership and teamwork*.

Prior to the Challenge itself, the participants consolidate the skills they have learnt with an afternoon involving scrutineering of personal clothing and team equipment, route planning for the 3 Tors Challenge and logistics for the day to establish Team Leader, Deputy Leader, Lead Navigator and Back up Navigator. This sets a positive routine of how to be prepared and organised before any challenge.

As the challenge evolves into a whole day – the 3 Tors Challenge, the hope is for all to connect, love and care for nature, our wild spaces and experience adventure in the moment and beyond.

Setting the Scene

Session 1

This session is crucial in captivating the participants on the challenge ahead. Use your own personal wild place challenge examples to inspire and captivate the team. Use physical clothing and equipment to demonstrate expectations. Produce a recce packed lunch and snacks.

Session 2

An opportunity to focus on navigation; introduce the map, followed by the compass using different activities. Throughout this session, concentrate on giving participants an experience, time to reflect, time to think and time to act.

Session 3

Building on the navigation learning achieved in Session 2, check prior learning with navigation challenges. Introduce some emergency scenarios to encourage participants to be self-reliant, use initiative and discuss basic outdoor first aid.

Session 4

The final instalment is to remind participants about the aims of the 3 Tors Challenge, encourage personal fitness and decide together the role of each participant within the team. Allow time for Q & A.

Session 5

Participants are to bring clothing and equipment to the scrutineering so everyone is prepared beforehand. Time will be allowed to go through the route and plan appropriately. Leadership roles will be decided and revealed at the 3 Tors Challenge.

The 3 Tors Challenge

The 3 Tors Challenge is a gathering of young minds in a wild space with physical and mental challenges to be completed throughout the adventure.