

Pre EXPED SESSION: Let's Do This! Getting prepared for the 3 Beaches Challenge

Year: 3/4

Duration: 60 minutes

Preparation and resources: The 3 Beaches Challenge OS map for accompanying staff and participants, wear and prepare rucksack containing expedition challenge clothing and equipment as listed below, collect food and suitable containers for food and drink, antibacterial hand gel, matchboxes, pirate coins.

Learning intention: To feel excited, challenged and keen to prepare appropriately for an adventurous challenge as part of a team.

Setting the Scene

What is the 3 Beaches Challenge? The 3 Beaches Challenge is a one day expedition for teams of 8 participants in Year 3 and 4. Each team must visit 3 specified beaches (checkpoints) and complete various challenges en route over the hilly coastal terrain of St Austell Bay. Introduce the **overview** and the **kit list**.

Active Learning Challenges

Quick Blast of OS Explorer. To gain first hand knowledge of the coast to be used on the 3 Beaches Challenge using Ordnance Survey maps. Familiarise the children with **key features** on the map to know and recognise on the land, for example, green dash and diamond represents the South West Coast Path. What might you expect to see on the land?

Map it out! Contour lines represent what the terrain or 'topography' of an area is. The lines are often at 10 metre intervals and show the incline or decline on slopes. They also show key features of the terrain that can be used to help with navigation, such as cliffs, valleys and summits.

The PARTICIPANT ready for an expedition. Wear suitable clothing to demonstrate what is appropriate when walking on a coast path e.g. t-shirt, a long sleeved layer, lightweight fleece, comfortable trousers (not jeans), thick socks and walking boots. Explain and question why these items are needed.

What is inside my EXPEDITION RUCKSACK? Quiz the participants on what they think they will need for a day out on the coast path? Rucksack to contain a liner (Exped bag or waterproof bag to protect the contents); waterproofs (jacket and trousers); gloves; hat; food (packed lunch + snacks); water container and water; notebook and pencil and spare clothes.

What shall I have for LUNCH on expedition? Also discuss what food to eat before and after the challenge. Preparing and learning about what food and drink to have before you set off (breakfast), during the expedition (out and about) and when you have completed your challenge (the day is done!). Demonstrate with the food and drink.

Treasure Hunt In pairs, using the 4 points of the compass (North, South, East and West), put together a set of directions for pirates to follow and find their treasure! For example, mark the ground to start with two sticks in the shape of a cross. Make the four points of the compass with sticks and mark North with an arrow. 5 steps North, 3 steps East, 2 steps South and 8 steps West. At the treasure site, a gold coin is to be found!

Make a matchbox map This challenge encourages the participants to think about what is important on their expedition. A matchbox is tiny. As a team, decide what is the most valuable information or items to have inside. Your matchbox might help you find your way. It might be somewhere to keep a treasure from each beach. It might be a story that tells the journey and adventure you have had! Make a plan – do you need to do anything before your 3 Beaches Challenge?

Debrief

3 Beaches Challenge Q&A.

Personal expectations for the 3 Beaches Challenge.

Future connections

Can participants spend time looking at the map of St Austell Bay?