

SCOUTING IRELAND ADVENTURE SKILLS: HILL WALKING- SESSION GUIDE





Hill Walking Adventure Skills Stage 1

Session Plan

Den sessions = 4

Practical hike session = 1*

Section/ Skill level – Beaver/ Cub/ Beginner

* Please note that to complete the Adventure Skill at this level more than one hiking activity must be completed





Hill Walking – Skills Stage 1			Session 1	
Adventure Skill	Hill Walking	Session number	1- Introduction & Kit	
Stage	1	Session length	45 minutes	
Section/ Skill level	Beavers/ Cubs/ Beginner	Location	Den	
		Activity	Time	Resources
Introduction Energizer	<p>BOB (the) Balloon</p> <ul style="list-style-type: none"> Using two inflatable large balloons, split the group into two. The group's aim is to get the balloon from one end of the room to the other, only touching it with their fingertips. The winning team is the one who finishes first- this activity should encourage teamwork, communication and lateral thinking/ problem solving. 	10 minutes	2 x large balloons or similar Large hall with a good length to facilitate the race	
Introduction Adventure Skills- Hill Walking	<ul style="list-style-type: none"> Explain that the game just played is all about working together as a team, supporting each other, and listening to one another- these are all skills needed if we want to complete a Hill Walking activity. Ask the group to tell you where they have gone to walk in the hills. What was it like? What did they enjoy? Introduce that Hill Walking is one of the Adventure Skills that Scouts can learn and that over the next few weeks the group will be working toward completing the 1st stage of this Adventure Skill. Finally, point out that the group will be learning about kits, maps, working together and learn about the areas we will be visiting. 	10 minutes	Adventure Skills – Hill Walking guide	
Preparing for a Hill Walking activity – Clothes & Kit	<p>Dressing BOB</p> <p>This activity will introduce the group to the clothing, equipment and other resources needed to bring on a Hill Walking activity.</p> <ul style="list-style-type: none"> Using the two balloons, draw on a face and introduce them as Bob 1 & Bob 2 Next, have two sets of the items detailed under resources available at the front of the room. Please note that Red indicates items that are not that useful (t-shirt can be doubled with a jumper) In their teams, the groups must dress the 'Bobs' selecting the correct clothes they think the 'Bobs' will need to undertake a hill walking activity. Discuss with the groups their selections and ask them why they think the items are useful, explain the importance of being prepared, dressed appropriately, and carrying useful 'kit', before completing a hill walking activity. 	20 minutes	Raincoat, water bottoms, shorts, jeans, track bottoms, plimsoll shoes, boots, wellingtons, hat, scarves, gloves, t-shirt, jumper, detailed map, hand drawn sketch of a map, first aid kit, whistle, rucksack, black bin bag, small canvas bag, towel, pillow, water bottle, 2ltr fizzy drinks bottle, chocolate bars.	
End/ Review	Reflect on all the learning and delivered and evaluate the activities with the Group.		5 minutes	N/a
Adventure Skills Stage 1		SPICES		
<ul style="list-style-type: none"> I know what to wear and what extras to bring on a hike. 		<ul style="list-style-type: none"> -Communicate effectively with others -Be responsible for own learning 	<ul style="list-style-type: none"> -Understand and show how to maintain a healthy diet -Demonstrate the confidence to deal with life's challenges 	



Hill Walking – Skills Stage 1			Session 2
Adventure Skill	Hill Walking	Session number	2- Introduction & Kit
Stage	1	Session length	50 minutes
Section/ Skill level	Beavers/ Cubs/ Beginner	Location	Den
Activity		Time	Resources
Energiser Break Time Or is it?	<p>This short activity is less an energiser and more of a way of introducing learning in a fun way that highlights what nutrient rich food you should bring on a hike.</p> <ul style="list-style-type: none"> Have prepared dried fruits, nut free muesli/ breakfast bars, cheese strings, crackers & chocolate bars. Offer the food and ask the group in what ways would these foods help on a hike/ hill walk: <ul style="list-style-type: none"> -Dried fruits/ cereals help to 'fill' us -Crackers- carbohydrates refresh glucose in the brain getting rid of any fuzzy head-ness -Cheeses and dairy fill the bloodstream with fats dealing with the cold -Chocolate gives us a boost and refreshes us To complete this task why not create with a group a chart that details all that has been learned regarding nutrition and hiking. <p>Discuss that the Group will continue completing learning around Hill Walking Adventure Skills Stage 1 + introduce the session</p>	15 minutes	Fruit and snack as described
Preparing for a Hill Walking activity- Packing my bag	<ul style="list-style-type: none"> Having worked out what clothing and kit to bring, next challenge the group(s) to pack a 'kit' bag the correct way for undertaking a Hill Walking activity making sure they pack correct items from the selection made available in the previous activity. 	25 minutes	<p>Kit from Dressing Bob activity including appropriately sized rucksack.</p> <p>Resource/ guidance document on packing a rucksack available through Google or any other search engine</p>
Close/ what we have learned	<p>To finish the session revisit all that you have done and ask the group to tell you one thing that they have learned. Answers may include:</p> <ul style="list-style-type: none"> What is involved in completing Adventure Skills Stage 1 in Hillwalking. Clothing and kit to bring on a Hill Walking Adventure Food & Nutrition How to pack a rucksack correctly <p>Don't forget to ask how the group found the first 2 sessions. What did they like? What would they change?</p>	10 minutes	
Adventure Skills Stage 1 <ul style="list-style-type: none"> I can pack a rucksack for a day hike. I know what food to bring on a hike 		SPICES <ul style="list-style-type: none"> -Communicate effectively with others -Be responsible for own learning -Understand and show how to maintain a healthy diet -Demonstrate the confidence to deal with life's challenges 	



Hill Walking – Skills Stage 1			Session 3	
Adventure Skill	Hill Walking	Session number	3 – Maps/ Being safe	
Stage	1	Session length	50 minutes	
Section/ Skill level	Beavers/Cubs/ Beginner	Location	Den	
	Activity	Time	Resources	
Introduction Energizer	<p>Minefield</p> <ul style="list-style-type: none"> Groups must navigate across the 'minefield' in the quickest time. Using A4 sheets or similar, create 2x minefields in the den and have the route solution to hand. Explain that the group must cross the minefield, but if they step on a mine that person must go back, and they start the route again. <p>This activity should encourage teamwork, communication and introduce navigation.</p>	10 minutes	A4 paper/ markers or similar materials to create a mine field. Minefield solution	
Introduction	<p>Discuss that this session will continue learning about some more things needed to know to help complete both the Hill Walking Stage 1.</p> <ul style="list-style-type: none"> The session will look at maps, how to use them and things to do if we get lost or have an emergency. 	5 minutes	N/a	
Preparing for a Hill Walking activity- Maps	<p>MAPs, MAPs, MAPs</p> <p>This activity will introduce what maps are and what they are used for.</p> <ul style="list-style-type: none"> Have a range of different maps available for the group to study, these should include an OS map, basic maps you may find in an information pamphlet, a hand drawn map etc. Ask the group; What are maps for? Why are they useful? Hand out the maps and ask the group to describe what it is they are seeing, what do they think all the markings mean? Are there some maps easier to understand, more than others? What are the important things to look for on a map? Next working in groups, hand out some plasticine and ask the group to see if they can identify where the hills are located on their maps- guide and support them and ask why they are choosing these areas as hills. Using the OS maps you may wish to show the group how contour lines are used to show raised and hill/ mountain areas. 	15 minutes	Various maps with differing information on each Plasticine	
Preparing for a Hill Walking activity- Maps	<p>MAPs, MAPs, MAPs</p> <p>This activity will look at sites in a little more detail and reinforce how to recognize features and areas of importance.</p> <ul style="list-style-type: none"> Divide the group into three smaller ones and give each member a copy of a 'basic' site map along with the felt tips. Ask groups to find points of interest. Next ask the group to find facilities and emergency meeting points and place a cross here. Now the groups should locate summits and circle these, they should then shade areas of the map that they think will be hilly or steep. Finally, using two different colours, highlight the trails to follow that take you to the summit. <p>Explain that this activity helps in planning for a walk and these maps now highlight important features and routes.</p>	15 minutes	Multiple copies printed. Felt tips.	
Review	Reflect on all the learning and delivered and evaluate the activities with the Group.	5 minutes	N/a	
Adventure Skills Stage 1		SPICES		
<ul style="list-style-type: none"> I can read a simple map. I can point out and name the main features of a map. 		<ul style="list-style-type: none"> -Communicate effectively with others -Be responsible for own learning 	<ul style="list-style-type: none"> -Demonstrate the confidence to deal with life's challenges 	



Hill Walking – Skills Stage 1			Session 4
Adventure Skill	Hill Walking	Session number	4 – Maps/ Being safe
Stage	1	Session length	35 minutes
Section/ Skill level	Beavers/ Cubs/ Beginner	Location	Den
	Activity	Time	Resources
Introduction Energizer	<p>Caterpillar Tracks</p> <ul style="list-style-type: none"> Identify a start and finish line. All team players are to lie on the ground next to each other, side by side. The front person of the group has to be behind the start line. The idea of the game is that each person at the back of the track jumps up and moves to the front of the track. This can only be done once the person who has jumped up and run up the track has laid down again at the front. The whole team makes progress toward the finish line with the winning team being those whose members have all crossed the finish line. <p>To begin this session revisit learning delivered previously around maps and discuss what the group will look at next.</p>	Approx. 10 minutes	N/a
Preparing for a Hill Walking activity- Emergencies	<p>Now that the group have identified the site they will be using, marked key areas and basic features it is now time for them to consider what emergencies may arise and what they should do.</p> <ul style="list-style-type: none"> Ask the group to tell you what accidents or incidents might occur on site: <ul style="list-style-type: none"> -Falling over -Twisting and ankle -Getting soaked -Getting lost etc. Explain that the best way to avoid having to deal with an emergency is by preparing properly: <ul style="list-style-type: none"> -Have the right gear & kit with you -Know and plan your route (carry a map) and follow paths -Carry extra water and food and additional clothes -Know how to get to help and how to raise it Ask the group if they know of any landmarks across hiking sites and if these would be a good thing to use if they got lost? <p>Blowing whistles</p> <ul style="list-style-type: none"> Ask the group what ways they think they could get help or attract attention. Give out whistles and torches and let the group make noise and flash a light as a way of showing that you are in distress. 	20 minutes	<p>Basic Map of a familiar site</p> <p>Whistles, Torches, Reflective bibs etc</p>
Close/ what have we learned	<p>To finish the session revisit all that you have done across the previous 2 sessions and ask the group to tell you what they have learned, reflecting on what the session has delivered.</p> <p>What was good about the session, what would they change?</p> <p>On closing explain that the next session will take place on a selected site and that the group need to choose the summit they wish to go to.</p> <p>Why not expand learning by exploring one of the areas suggested below, asking Scouters and the group to research these prior to the hike- Heritage/ Geology/ Habitat & Wildlife</p>	5 minutes	Close/ what have we learned
Adventure Skills Stage 1		SPICES	
<ul style="list-style-type: none"> I know potential accidents that can occur. I can recognise the main distress signals. 		<ul style="list-style-type: none"> -Communicate effectively with others -Be responsible for own learning 	-Demonstrate the confidence to deal with life's challenges



Hill Walking – Skills Stage 1 – Practical Walk/ Hike			Session 5 Page 1	
Adventure Skill	Hill Walking	Session number	5 – Hill Walk Activity	
Stage	1	Session length	2-3 Hours	
Section/ Skill level	Beavers/Cubs/ Beginner	Location	On site location	
	Activity	Time	Resources	
Prior to activity	<ul style="list-style-type: none"> Plan the date and time of activity (check weather forecasts) Complete Risk assessment for activity Acquire all consents and bring attendance/ contact details. Bring additional kit/ clothing, water and Group First Aid kits. Ensure Group know appropriate clothes and kit/ food to bring. 	N/a	Risk Assessment Consent/ Attendance form Additional kit	
Meeting	<ul style="list-style-type: none"> Meet the group at the main car park of the site you have chosen to lead a Hill Walking Adventure. Manage the larger group into smaller ones and within these pair up youth members and explain the importance the 'Buddy' system plays when we are out having an adventure. Ask the group what ways they think they should behave when out and how listening to and following instructions is key to keeping safe. Introduce 'Leave no trace' explaining that everything we take onto the mountains must be brought back with us and that staying to paths limits the damage we may cause whilst walking. 	5 minutes	N/a	
Beginning the adventure	<p>Task number 1- Getting Bearings This activity will be used to introduce some very basic orienteering/ map reading to the group.</p> <ul style="list-style-type: none"> Having crossed the road safely into the main boundary of the site ask the group to tell you what they can see: <ul style="list-style-type: none"> -Summit points -Natural features -Built features -Other interesting features Select one of the smaller groups to lead the way and guide the group safely to a selected area. 	15 minutes	Basic map identifying main routes/ features of chosen site	
The next steps (Part 1) Adventure Skills & Personal Development	<p>Task number 2- A Walk to the Summit Across the duration of the hike/walk you will have the opportunity to teach the group about safety, looking after themselves and others and basic map reading along with a range of other areas in personal development.</p> <p>-Hill Walking Adventure Skills As above, change the lead group at the head of the bigger group and ask them to navigate to certain points along the route you have chosen so that you may all follow. Build in plenty of opportunities to take a break and rest if required and have a few quick energizers, songs on hand to keep spirits up.</p> <p>-Mindfulness & Well Being Being in an outdoor environment such as this is also a great opportunity to engage in some mindfulness and connect with the world around us. Taking opportunities to hear the nature around us, the wind blowing through the long grass or the feel of the sun (or rain) on our faces helps us be calm and reflect on our world.</p> <p>-Challenging Ourselves Completing a walk such as this can aid our physical health and enable us to recognize resilience and our own achievements.</p>	As required/ planned	As described/ required	



Hill Walking – Skills Stage 1 – Practical Walk/ Hike		Hill Walking Activity	Session 5 Page 2
	Activity	Time	Resources
The next steps (Part 2)	<p>The sites you visit are important places in terms of our heritage and in providing a habitat for a diverse range of flora and fauna.</p> <p>Your group will have selected an area of interest for them in the previous session and as such you should incorporate this learning across your walk.</p> <ul style="list-style-type: none"> • Heritage: Hold a story telling activity at or across one of the summits, exploring the earliest settlers, to how the site/ area has been used by society. • Geology: Explore how this area was formed and how it shaped the valley and areas below. • Wildlife: Explore and look out for wildlife and discuss the unique biodiversity of the place you are visiting. 	As required/ planned	As described/ required
Next Steps (Part 3) Scrapbook	Across the adventure and learning take plenty of pictures and reaffirm learning through Q&As along with the resources provided. When back in Den why not create a scrapbook that details and shows what the group learned across their visit to the site that has been selected.	As required/ planned	Camera Photo's Guides/ Pamphlets Paper/ Scrapbook Pens/ Pencils
Close/ what have we learned	<ul style="list-style-type: none"> • Complete the activity by affirming the groups actions, successes and behaviors and evaluate the experience with them. • Capturing evidence of your visit and learning, share the experience with others and work to complete a second hike so your group can sign off on Hill Walking Stage 1 Adventure Skills 	5 minutes N/a	
Adventure Skills Stage 1		SPICES	
<ul style="list-style-type: none"> • I know how to behave safely while hiking. • I can be responsible for myself while we are hiking. • I know about the Buddy system. • I understand why I should follow directions from an instructor. • I have attended at least 2 hikes 		<ul style="list-style-type: none"> -Demonstrate how to value others and develop skills and attitudes in maintaining positive relationships with others -Communicate effectively with others -Be responsible for own learning -Display the ability to believe in oneself, accepting own abilities and show contentment while striving to be the best one can be 	
		<ul style="list-style-type: none"> -Understand and show how to maintain a healthy diet -Demonstrate the confidence to deal with life's challenges -Show responsibility for own physical development through maintain a healthy and balanced lifestyle -Treat others with respect 	