

# SCOUTING IRELAND ADVENTURE SKILLS: HILL WALKING- SESSION GUIDE





### Introduction

The session guides created by the SFNI Programme Lead have been designed to help support delivery of SI Adventure Skills Stages 1-4 in Hillwalking and each session is pitched at a particular Section or level.

Each guide contains a total of **five sessions** that provide activities that are intended to encourage and promote developing the necessary skills and knowledge linked to completion of each of the skills levels.

**Four** of these sessions have been designed to be delivered within the 'den' and the **fifth** session, intended to be a practical session that will enable the learner to apply the skills and knowledge necessary to complete a hiking activity safely and confidently as per the requirements for completing the skills Stage.

### Completing the Hillwalking Adventure Skill

Before beginning delivery of the Hillwalking Adventure skill, **it is important to do a few things:**

**Firstly**, read through the session plans and become comfortable with the activities described and the resources required. You may find that through experience that a different approach or activity may suit better to deliver this training, adapt the session for what works best for you and the group.

**Secondly**, take time to plan delivery with the group, utilize **Plan, Do, Review**, ensuring the group have been engaged and explored the [Hillwalking Adventure Skill](#) and chosen to take part and shape their experiences across this learning journey.

**Finally**, research a few locations that will be used to **facilitate the practical hike** elements required to complete the Adventure Skills Stage. Each Stage requires more than one hiking activity to be undertaken before it can be awarded, so ensure that you are comfortable and confident in the places you intend to use, and that **Risk Assessments** have been complete regarding these activities.

### Using the Session Plans

There are a total of four complete skills session guides created, each linking in with a different skills stage and aimed at a particular section/ group:

- Hill Walking Stage 1** – Beaver/Cub/ Beginner
- Hill Walking Stage 2** – Beaver/ Cub/ Beginner
- Hill Walking Stage 3** – Cub/ Scout/ Novice
- Hill Walking Stage 4** – Scout/ Venture/ Competent

Each session begins with an energizer activity, loosely linked to the learning activity, an introduction, learning activity(s) and a close/ reflection element.

A **description** of an activity to complete related to the title and prompts on how to complete this activity are provided.

A **timing column** has been included, for guidance only. It may be beneficial to slow down and stretch out activities dependent on your group.

A **resource column** includes a list of equipment and/ or external links to additional resources to assist in the delivery of the activity.

Hill Walking – Skills level 1			Week 2	
Adventure Skill	Hill Walking	Session number	2- Introduction & Kit	
Level	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"> <li>Have prepared dried fruits, nut free muesli/ breakfast bars, cheese strings, crackers &amp; chocolate bars.</li> <li>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"> <li>-Dried fruits/ cereals help to 'fill' us</li> <li>-Crackers- carbohydrates refresh glucose in the brain getting rid of any fuzzy head-ness</li> <li>-Cheeses and dairy fill the bloodstream with fats dealing with the cold</li> <li>-Chocolate gives us a boost and refreshes us</li> </ul> </li> <li>To complete this task why not create with a group a chart that details all that has been learned regarding nutrition and hiking.</li> </ul> <p>Discuss that the Group will continue completing learning around Hill Walking Adventure Skills level 1 + introduce the next <b>session</b></p>	15 minutes	Fruit and snack as described	
Preparing for a Hill Walking activity- Packing my bag	<ul style="list-style-type: none"> <li>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.</li> </ul>	25 minutes	Kit from Dressing Bob activity including appropriately sized rucksack.  Resource/ guidance document on packing a rucksack	
Close/ what we 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.</p> <p>Answers may include:</p> <ul style="list-style-type: none"> <li>What is involved in completing Adventure Skills level 1 in Hillwalking.</li> <li>Clothing and kit to bring on a Hill Walking Adventure</li> <li>Food &amp; Nutrition</li> <li>How to pack a rucksack correctly</li> </ul> <p><b>Don't forget to ask how the group found the first 2 sessions. What did they like? What would they change?</b></p>	10 minutes		
<ul style="list-style-type: none"> <li>Adventure Skills level 1</li> <li>I can pack a rucksack for a day hike.</li> <li>I know what food to bring on a hike</li> </ul>		<b>SPICES</b> -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

Finally, at the end of each session you will find a list of the **Adventure Skills outcomes** covered by the session and the **SPICES** that relate to the activities delivered.

#### External web links

<https://sfni.org/wp-content/uploads/2021/02/Hillwalking-Logbook.pdf>



## Hill Walking Adventure Skills Stage 2

### 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 2			Session 1	
Adventure Skill	Hill Walking	Session number	1- Introduction Navigation & Compass	
Stage	2	Session length	45 minutes	
Section/ Skill level	Beavers/Cubs/ Beginner	Location	Den	
		Activity	Time	Resources
<b>Introduction Energizer</b>	<p><b>Marco-Polo</b></p> <ul style="list-style-type: none"> <li>Select and blindfold a player and ask someone to be a 'Watcher'; select a playing area; and ask the rest of the group to spread out within the playing area and stand still.</li> <li>The Watcher will guide the player to the center of the area and then the player shouts 'Marco'</li> <li>Those spread-out shout 'Polo' and the player must navigate to one or more of the groups.</li> <li>The Watcher remains vigilant and must stop the player if they are in danger of walking into something or falling over.</li> <li>If time allows, play a few rounds.</li> </ul>		10 minutes	Blindfold  Large playing space
<b>Introduction Adventure Skills-Hill Walking Stage 2</b>	Introduce that the group will be working toward Stage 2 Adventure Skills in Hillwalking. They will build on learning from Stage 1 and explore understanding of maps & navigation, first aid and snack for hiking and look at how weather can affect a hill walking activity.		5 minutes	Adventure Skills – Hill Walking guide
<b>Activity- Compass navigation and</b>	<p><b>Finding our way</b></p> <p>Explain that the Marco Polo game is a way of demonstrating just one way that we can navigate across a place- using sound- however it's maybe not all that effective!!!</p> <ul style="list-style-type: none"> <li>First, ask the group about other ways they may be able to navigate when out and about: <b>follow directions &amp; signs/ look for landmarks/ use a map etc.</b></li> <li>Focus on maps and ways to tell what direction you may be facing- <b>compass points on a map / suns position etc.</b></li> <li>Ask the group who has used a compass before and if they know how they work- explain magnetic north and then tell the group that they will be making their own compass.</li> <li>Follow the steps below and see if the compass works:  <b>Step 1:</b> Make a Cork Disk. Cut the end of a cork, about 1/4-inch thick, so that you end up with a disk.  <b>Step 2:</b> Magnetize the Needle. ...  <b>Step 3:</b> Push the Needle Through the Cork. ...  <b>Step 4:</b> Place in Water and Verify. ...  <b>Step 5:</b> Finish by Labeling.</li> <li>Complete the task by showing the group a compass and explaining how to use it against the position of a map.</li> </ul>		25 minutes	Cork/ knife/ needle/ magnet/ dish/ water  <a href="#">How to make a compass:</a>  OS Map/ Compass  <a href="#">How to use a compass and map</a>
<b>Review</b>	<b>Reflect on all the learning and delivered and evaluate the activities with the Group.</b>		5 minutes	N/a
<b>Adventure Skills Stage 2</b>		<b>SPICES</b>		
<ul style="list-style-type: none"> <li>I can point out the main parts of the compass.</li> </ul>		<ul style="list-style-type: none"> <li>-Communicate effectively with others</li> <li>-Be responsible for own learning</li> </ul>	<ul style="list-style-type: none"> <li>-Demonstrate the confidence to deal with life's challenges</li> </ul>	



Hill Walking – Skills Stage 2				Session 2	
Adventure Skill	Hill Walking	Session number	2- Introduction Navigation & Compass		
Stage	2	Session length	40 minutes		
Section/ Skill level	Beavers/Cubs/ Beginner	Location	Den		
	Activity	Time	Resources		
<b>Introduction Energizer</b>	<p><b>Geographic Location</b></p> <ul style="list-style-type: none"> <li>Each group member is from a different geographic location within the community, but together they will form a map.</li> <li>Ask each group member to stand where he/she thinks they belong to make a map as close to scale as possible.</li> <li>Use the 'Den' as the centre point of the map and ask the group to spread themselves around to create a scale map based on where the group members come from and travel to in relation to the map.</li> <li>Next give each group member a place or area from across the local community and challenge them to create a scaled map using themselves by following the instructions as above.</li> </ul>	10 minutes	Large playing space		
<b>Activity- Reading maps</b>	<p>Now that the group have got to grips with navigation and compasses, they will next revisit map reading skills from Stage 1.</p> <ul style="list-style-type: none"> <li>Ask the group what do they remember about identifying features on a map- what sort of things would they look out for?</li> <li>Using the OS maps, ask the group to identify the symbols that appear- what do they think they mean?</li> <li>Work through the important symbols with the group and ask them to create a guide for themselves by drawing the symbols on an A4 sheet and explaining what they are.</li> <li>Next explore with the groups the different colours that appear on maps and explain what these areas denote.</li> </ul> <p>The OS provide a great guide- Map reading for beginners – online and this can be used to support learning. (link in resources)</p>	25 minutes	<a href="#">OS Map reading for beginners- webpage:</a>  A4 Paper/ Pens/ crayons/ felt tips		
<b>Close/ what we have learned</b>	<p>To finish the session revisit all that you have done across the previous 2 sessions and ask the group to tell you one thing that they have learned.</p> <p><b>Don't forget to ask how the group found the session. What did they like? What would they change?</b></p>	5 minutes			
Adventure Skills Stage 2		SPICES			
<ul style="list-style-type: none"> <li>I can point out the different symbols and colours on a map and I know what they mean</li> </ul>		<ul style="list-style-type: none"> <li>-Communicate effectively with others</li> <li>-Be responsible for own learning</li> </ul>		<ul style="list-style-type: none"> <li>-Demonstrate the confidence to deal with life's challenges</li> </ul>	



Hill Walking – Skills Stage 2				Session 3	
Adventure Skill	Hill Walking	Session number	3- Planning & keeping safe		
Stage	2	Session length	40 minutes		
Section/ Skill level	Beavers/Cubs/ Beginner	Location	Den		
		Activity	Time	Resources	
<b>Introduction Energizer</b>	<b>Dress up relay</b> <ul style="list-style-type: none"> <li>Have a selection of wet gear and other associated clothing with hill walking places in piles at front of the room. There needs to be enough for two piles of clothes.</li> <li>Split the group into two teams.</li> <li>Each team must race to pull on all the clothing items, undress and then invite the next team member to come and do the same. <b>The kicker is that they must do this wearing a thick pair of gloves- these need to be put on first.</b></li> <li>Do this until all members have been fully dressed and undressed- whoever finishes first is the winner.</li> </ul>		5 minutes	Pair of heavy gloves (x2) Waterproof coat (x2) Waterproof trousers (x2) Heavy jumper (x2) Hat (x2) Scarf (x2) Hi-vis jacket (x2) Backpack (x2)  Large playing space	
<b>Introduction Skills- Hill Walking Stage 2</b>	Introduce the Stage 2 Hill Walking Adventure Skills session by reflecting on what was learned across the first sessions and explaining that next the group will look at being prepared for undertaken a hillwalking adventure.  Explain that the game just played, involved getting dressed in clothes needed to keep us safe and warm on an adventure- having the right gear to wear for a hill walk is one part of being prepared – how we know what to wear...well we can do that by knowing the weather forecast!		5 minutes	Adventure Skills – Hill Walking guide	
<b>Understanding Forecasting</b>	<b>Weather just in</b> This activity will demonstrate the importance of weather forecasting when planning activities and where to get an accurate forecast and how to use it. <ul style="list-style-type: none"> <li>On the floor of the den, use chalk to draw a large-scale map of the area you will be visiting.</li> <li>Hand out the symbols and ask the group to place the temperature symbols were on the map they think would be warmer &amp; cooler.</li> <li>Next, use the wind direction symbols and ask where they think the wind will be stronger.</li> <li>If wind symbols are coming from the north, ask the group what type of air will be brought with it and place the expected cloud symbols to accompany this on the map.</li> <li>If wind symbols are coming from the south, what type of air is coming is brought and what type of weather will it bring.</li> <li>Link the different pressure system symbols with the weather symbols and explain how these systems bring different types of weather.</li> <li>Next, mix up the symbols across the map and explain how quickly weather systems change, especially at higher altitudes.</li> </ul> To complete the activity, load up some forecasts on a laptop or mobile and ask the group to tell you what the weather is going to be for the weekend and what they would wear if going on an adventure and what they would need to be prepared for.		25minutes	<a href="#">Printable weather symbols</a> -Cloud Symbol -Rain Symbol -Wind Symbol -Wind Direction Symbol -Lighting Symbol -Mist/ Fog Symbol -Temperature symbol (1x 8° + 1x 11°) -Sun Symbol -High Pressure -Low Pressure  Laptop/ mobile devices to access weather forecasts	
<b>Review</b>	<b>Reflect on all the learning and delivered and evaluate the activities with the Group.</b>		5 minutes	N/a	
<b>Adventure Skills Stage 2</b>		<b>SPICES</b>			
<ul style="list-style-type: none"> <li>I can get a weather forecast.</li> <li>I know what gear I need depending on the weather.</li> </ul>		-Communicate effectively with others -Be responsible for own learning		-Understand and show how to maintain a healthy diet	



Hill Walking – Skills Stage 2			Session 4	
Adventure Skill	Hill Walking	Session number	4- Planning & keeping safe	
Stage	2	Session length	45 minutes	
Section/ level	Skill	Beavers/Cubs/ Beginner	Location	Den
		Activity	Time	Resources
<b>Introduction Energizer</b>	<b>Human Machines</b> <ul style="list-style-type: none"> <li>Split the group into smaller ones of 4-5 members.</li> <li>Explain that you will call out different types of machines you would find in the kitchen and that the group must use their bodies to imitate the machines – Toaster, Blender, Kettle, Dish-washer, Fridge etc.</li> <li>Rate the teams on their effort and share in the fun of the group imitating these machines.</li> </ul>		10 minutes	Large playing space
<b>Being prepared for a hill walking activity: food &amp; drink</b>	<b>Now for something completely different...</b> Revisit Stage1 Skills by asking the group to name some foods and drinks to bring on a hill walking adventure.  Explain that the group will make their own 'trail bars' to take on an adventure and explain how the ingredients provide bars full of energy. <ul style="list-style-type: none"> <li>Using the ingredients and resources listed, guide the group across the steps to make the bars. Don't forget good hygiene and food prep rules.</li> <li>Start by making a sticky paste by blending some dates, maple syrup, and sunflower seed butter in your food processor.</li> <li>Next, add the oats and coconut and pulse it a few times. The date paste is so sticky that it works best if you let your food processor do some of the mixing work.</li> <li>Now press the mix into a parchment paper-lined baking dish. If you'd like, sprinkle a few chocolate chips on top. Once it cools, it's ready to be cut and eaten!</li> </ul>		30 minutes	<a href="#">Homemade trail bar recipe link:</a>  -½ cup packed pitted dates, about 15 dates -½ cup butter, sunflower seed butter -¼ cup maple syrup -A pinch of salt -1 cup rolled oats, toasted, see notes -1 cup desiccated coconut -2 tablespoons chocolate chips -Food Processor -Glass dishes/ bowls -Wooden/ Metal spoons -Baking Trays -Baking paper
<b>Close/ what we have learned</b>	To finish the session revisit all that you have done across the previous 2 sessions and ask the group to tell you one thing that they have learned.  <b>Don't forget to ask how the group found the session. What did they like? What would they change?</b>		5 minutes	
Adventure Skills Stage 2		SPICES		
<ul style="list-style-type: none"> <li>I know why you bring certain foods and drinks on hikes.</li> </ul>		-Communicate effectively with others -Be responsible for own learning		-Understand and show how to maintain a healthy diet



Hill Walking – Skills Stage 2 – Practical Walk/ Hike			Session 5 Page 1
Adventure Skill	Hill Walking	Session number	5 – Hill Walk Activity
Stage	2	Session length	2-3 Hours
Section/ Skill level	Beavers/Cubs/ Beginner	Location	On site location
	Activity	Time	Resources
<b>Prior to activity</b>	<ul style="list-style-type: none"> <li>Plan the date and time of activity (check weather forecasts)</li> <li>Complete Risk assessment for activity</li> <li>Acquire all consents and bring attendance/ contact details.</li> <li>Bring additional kit/ clothing, water and Group First Aid kits.</li> <li>Ensure Group know appropriate clothes and kit/ food to bring.</li> </ul>	N/a	Risk Assessment Consent/ Attendance form Additional kit
<b>Meeting</b>	<ul style="list-style-type: none"> <li>Meet the group at the main car park of the site you have chosen to lead a Hill Walking Adventure.</li> <li>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.</li> <li>Ask the group what ways they think they should behave when out and how listening to and following instructions is key to keeping safe.</li> <li>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.</li> </ul>	5 minutes	N/a
<b>Beginning the adventure</b>	<p><b>Task number 1- Getting Bearings</b> This activity will be used to introduce some very basic orienteering/ map reading to the group.</p> <ul style="list-style-type: none"> <li>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"> <li>-Summit points</li> <li>-Natural features</li> <li>-Built features</li> <li>-Other interesting features</li> </ul> </li> <li>Select one of the smaller groups to lead the way and guide the group safely to a selected area.</li> </ul>	15 minutes	Basic map identifying main routes/ features of chosen site
<b>The next steps (Part 1)</b>  <b>Adventure Skills &amp; Personal Development</b>	<p><b>Task number 2- A Walk to the Summit</b> 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><b>-Hill Walking Adventure Skills</b> 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><b>-Mindfulness &amp; Well Being</b> 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><b>-Challenging Ourselves</b> 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 2 – Practical Walk/ Hike		Hill Walking Activity	Session 5 Page 2
	Activity	Time	Resources
<b>The next steps (Part 2)</b>	<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"> <li>• <b>Heritage:</b> 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.</li> <li>• <b>Geology:</b> Explore how this area was formed and how it shaped the valley and areas below.</li> <li>• <b>Wildlife:</b> Explore and look out for wildlife and discuss the unique biodiversity of the place you are visiting.</li> </ul>	As required/ planned	As described/ required
<b>Next Steps (Part 3)</b> <b>Scrapbook</b>	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
<b>Close/ what have we learned</b>	<ul style="list-style-type: none"> <li>• Complete the activity by affirming the groups actions, successes and behaviors and evaluate the experience with them.</li> <li>• Capturing evidence of your visit and learning, share the experience with others and work to complete a 2<sup>nd</sup> &amp; 3<sup>rd</sup> hike so your group can sign off on Hill Walking Stage 2 Adventure Skills</li> </ul>	5 minutes  N/a	
<b>Adventure Skills Stage 2</b>		<b>SPICES</b>	
<ul style="list-style-type: none"> <li>• I know how to get help if someone is hurt.</li> <li>• I can be a responsible member of my team while we are hiking.</li> <li>• I have attended at least 3 hikes, in addition to those for stage 1</li> </ul>		<ul style="list-style-type: none"> <li>-Demonstrate how to value others and develop skills and attitudes in maintaining positive relationships with others</li> <li>-Communicate effectively with others</li> <li>-Be responsible for own learning</li> <li>-Display the ability to believe in oneself, accepting own abilities and show contentment while striving to be the best one can be</li> </ul>	<ul style="list-style-type: none"> <li>-Understand and show how to maintain a healthy diet</li> <li>-Demonstrate the confidence to deal with life's challenges</li> <li>-Show responsibility for own physical development through maintain a healthy and balanced lifestyle</li> <li>-Treat others with respect</li> </ul>