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| Subject | Equipment and rucksack packing | Class background |  |
| Date/Period | 90 Minutes |
| Year Group | Bronze, Silver or GoldTailor your verbal instruction to the correct level |
| Teacher |  |
| Focus of Lesson | What equipment to bring, how to pack a rucksack and how to adjust it to fit you. | Learning Objectives |
| To understand what equipment to bring on an expedition and to be able to pack and adjust a rucksack to assist in load bearing. |
| Prior Knowledge | None | Success Criteria |
| 1. Students get an idea of quantities of things to bring.
2. Students learn principles of where to pack their equipment with the rucksack.
3. Students practice packing a rucksack
4. Students understand how to adjust a rucksack for comfort.
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| **Lesson Outline** | Assessment |
| *Introduction* | Learn what you need to bring on expedition and how much of it you need to bring.Learn the best ways to pack rucksacks and how to adjust them. |  |
| *Main Body* | **Go through the powerpoint – Kit and rucksack packing****Equipment (slide 2)*** Go through the equipment list in the workbook with the team checking that the participants have items (making notes on what we may need to lend).
* Discuss in the group how many of each item they may wish to bring. Suggest the participants write in the boxes quantities that they feel they will need as we go along.

**Packing a Rucksack (slide 3-4)*** Referring to the page in the course notes explain the theory of packing a rucksack and considerations such as waterproofing.
* Give the students 5 minutes to fill in the packing rucksack exercise in the work book.
* Give groups of 3 or 4 students a rucksack with a load of stuffed dry bags labelled as different items as well as stoves, tents etc. Get the groups to pack their rucksack and then unpack it explaining why they put stuff where.

**Adjusting a Rucksack*** Show the students how to adjust the rucksack they have packed. Pass the rucksack around from short to tall people so they have to adjust it.
 | Ensure that students make notes on their equipment sheet.View their rucksack packing work sheet.Observe the groups packing their rucksacks.Watch students adjust the rucksack to fit themselves. |
| *Plenary* |  |  |
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| Resources | 1. Course notes and workbook for each student.
2. For each group of 4 or 5 students will need a rucksack, tent, stove, fuel, sleeping bag, first aid kit, waterproofs, hat gloves roll mat and a selection of dry bags labelled clothes etc.
 | SEN |  |

**Powerpoint Lesson Plan**