

Max and Leo's Wilderness Expedition

Learning objective: To understand the importance of physical fitness, safety, and strategic planning when embarking on outdoor adventures.

Read each question carefully and use your knowledge of physical education and outdoor safety to provide detailed answers. Use your best handwriting.

Max the monkey and Leo the lion are planning a trek across the Whispering Woods. To succeed, they must maintain their physical fitness, pack the right gear, and respect the environment. They need to calculate their pace, budget for supplies, and ensure they stay safe while traversing different types of ground.

Word bank: stamina · hydration · navigation · equipment · terrain · cooperation · safety · warm-up

1. Max needs to buy extra water bottles for the trek, which cost £2.50 each. If he buys 4 bottles, how much will he spend? Explain why hydration is crucial during physical activity. (2 marks)

2. Leo suggests they perform a dynamic warm-up before starting their hike. Justify why a warm-up is essential for preventing injuries in the lower body. (2 marks)

3. Compare and contrast walking on a flat, paved path versus a steep, muddy woodland trail. Which muscle groups would be more active on the steep trail? (2 marks)

4. Explain why 'cooperation' is a vital skill when working as part of a team on an outdoor expedition. How does communication improve safety? (2 marks)

5. What might happen if a group ignores the 'Countryside Code' and leaves litter behind during their outdoor adventure? How does this impact the local ecosystem? (2 marks)

Draw: Draw a map of your own outdoor adventure course. Include at least three different types of terrain (e.g., a rocky climb, a grassy meadow, or a shallow stream) and label the safety equipment you would need for each section.



Extension challenge: Design a 5-day physical activity plan for Max and Leo to improve their stamina before their big trip. Write a short paragraph justifying why you chose each exercise and how it will prepare them for the challenges of the wilderness.