

Outdoor Adventure Expedition Log

Learning objective: To plan, analyse, and evaluate a physical outdoor expedition, demonstrating an understanding of navigational skills, physical endurance, and environmental awareness.

Join Leo the Lion on an outdoor adventure! Use this log to plan your route, consider the physical challenges you might face, and reflect on the skills required to navigate safely. Think about the terrain, the equipment needed, and how to work as a team.

Word bank: topography · endurance · navigation · expedition · resilience · coordinates · sustainability · terrain · cardiovascular · stamina

1. Expedition Overview: Describe your intended route. What specific terrain will you encounter, and how will this affect your physical pace? (3 marks)

2. Physical Preparation: Explain why cardiovascular stamina is essential for this expedition. How might you train your body to prepare for the specific physical demands of this environment? (4 marks)

3. Risk Assessment: Identify two potential environmental hazards. Justify your choices and suggest a strategy to mitigate each risk. (4 marks)

4. Equipment Budget: If your gear costs £145.50 and your group has a budget of £200.00, calculate the remaining funds. If you spend the remainder on emergency supplies costing £8.75 each, how many can you afford? (3 marks)

5. Compare and Contrast: Compare the physical skills required for a mountainous hike versus a long-distance coastal walk. Which do you believe requires more resilience, and why? (5 marks)

6. Critical Reflection: What might happen to the local ecosystem if your group does not follow the principles of sustainability? Propose a code of conduct for your expedition. (6 marks)

Extension challenge: Design a 3D map of your route using a grid reference system. Include a legend detailing key landmarks, potential rest stops, and 'hazard zones'. Write a brief justification explaining why your chosen route is the most efficient and safe path for your team.