

# Outdoor Adventure Expedition Log

*Learning objective: To document the physical challenges, navigation, and environmental observations during an outdoor adventure, applying key geographical and physical education skills.*

Join Leo the Lion on an outdoor expedition! Use this log to plan and record your physical adventure. Think about the terrain you are crossing, the skills you are using, and how you stay safe while exploring the great outdoors. Fill in each section clearly.

*Word bank: coordination · stamina · navigation · terrain · resilience · topography · teamwork · safety · compass · landmarks*

**1. Expedition Goal: Describe the physical activity you are planning (e.g., orienteering, hiking, or obstacle navigation) and why you chose this challenge. (2 marks)**

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**2. Equipment Checklist: List the essential items you need to pack to ensure your safety and success. Remember to include items for navigation and hydration. (2 marks)**

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**3. Terrain Assessment: Describe the ground you will be traveling over. Is it uneven, steep, or muddy? How will this affect your movement and speed? (3 marks)**

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**4. Physical Skills: Explain which physical skills you will need to use (e.g., balance, agility, or cardiovascular endurance) to complete this adventure successfully. (3 marks)**

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**5. Teamwork and Safety: Explain how you will communicate with your group and what steps you will take to ensure everyone stays safe during the activity. (3 marks)**

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*Extension challenge: Imagine Leo the Lion has lost his compass. Write a short paragraph explaining how he could use natural landmarks or the position of the sun to find his way back to the start of the trail.*