

# VIRTUAL CAMPING

## TEACHERS GUIDE

<b>SESSION NAME:</b>	PACKING FOR AN ADVENTURE <b>YEAR 7 &amp; 8</b>
<b>DURATION:</b>	40 MINUTES

### SESSION DESCRIPTION:

This session is a fun, engaging introduction to preparing for an outdoor adventure. It will assist students in choosing correct clothes for all weather conditions when outdoors and help younger students to take responsibility for their own clothing choices and protective gear for the weather.

### CURRICULUM LINKS:

#### PERSONAL AND SOCIAL CAPABILITY

- Discuss the range of strategies that could be used to cope with difficult tasks or changing situations.

#### HEALTH AND PHYSICAL EDUCATION

- Plan and implement strategies for connecting to natural and built environments to promote the health and wellbeing of their communities.

### TEACHER REQUIRED RESOURCES

- Print off worksheet - 'Gear List'

### PARTICIPANT REQUIRED RESOURCES

- Gear List worksheet

### LOCATION/AREA SET UP:

- Print off worksheet - 'Gear List'

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### SESSION DESCRIPTION:

#### INTRODUCTION:

- Play the video.

#### MAIN CONTENT:

- Pause the video at 7:43
- Split class into groups of three
- Hand out “Gear List” worksheets for groups to complete.
- Students need to narrow the 32 items listed down to the three items they think are the most important.
- Once all groups have narrowed down their list, they can present to the class and explain why.
- Once groups have finished presenting their lists, press play!

#### DEBRIEF:

- When the students go home tonight see what items they have at home that they could take on an outdoor adventure and if they have a suitable backpack to use.
- When they leave school in the afternoon pack their backpacks like they were shown how in the video.
- Ask students do they feel more confident on knowing gear to take on a day outdoor adventure?  
Creating a list beforehand is always a good idea.