

Outcomes:

Expedition preparation

Develop your fitness

Learn how to use Trangia and cook your own lunch

Apply 6-point map reading skills

Navigate your peers through unfamiliar territory



The Duke of Edinburgh pupils have begun to practice for their upcoming expedition at Thetford, High Lodge and got a chance to try out their new skills with each other at Thetford forest. Each group has learnt about Leadership and supervision of others, communicating effectively, planning for an expedition, Map reading and six-point navigation, cooking foods and meal preparation, whilst developing the required fitness levels to meet the demands of distance walking and carrying heavy equipment. The students have also looked at the country code and how it can be used to keep everyone safe and how to protect the environment. Learners all worked together to plan equipment needed, pack the kit, plan the journey, choose the meals to be cooked and organise their route and breaks. All took it in turns to lead the group and some pupils enjoyed this rush of power more than others! As teams, the groups worked really well together, being kind and caring, along with helping each other with cooking, cleaning, and carrying heavy equipment. Certain members of the team kept up moral with interesting topical conversation, jokes and the odd sing song. On each visit, the weather was good, the food was good and no one got lost! We are now ready for the expedition...

Quotes:

"Where are we"

"I think its edible?"

"I would walk 500 miles
and I would walk 500
more"

