


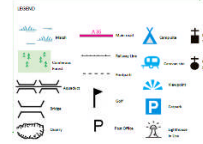






**TWO RIVERS**  
HIGH SCHOOL

## Two Rivers High School

### "The Duke of Edinburgh's Award" Overview

#### Pioneers

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>2022-2023</b>	<p>Introduction to 'The Duke of Edinburgh Award.'</p> <p>Introduction to using: A compass. Grid references.</p> 	<p>Expedition skills – map reading, identifying symbols, calculating distance, pacing, navigational compass work.</p> 	<p>Plan practise day walks including an introduction to route cards, highway code, country code.</p> 	<p>Camp craft - equipment / rucksack packing, cooking, food &amp; nutrition, pitching tents.</p> 	<p>Plan a practise/qualifying expedition and have an aim for the expedition, first aid, emergency procedures.</p> 	<p>Practise and Qualifying Expeditions, emergency procedures, Navigational skills.</p> 



# TWO RIVERS HIGH SCHOOL

**2023-2024**

Introduction to 'The Duke of Edinburgh Award.'

Update sections deciding on potential activities to engage in.

Equipment – appropriate clothing, maintaining of kit e.g. walking boots.

Using a compass to navigate a route.



Plan and practise day local walks. Using route cards to make detailed notes on the route, calculate distances, using grid references.

Highway Code. Country Code.



$$\begin{aligned} \text{Speed} &= \frac{\text{distance}}{\text{time}} \\ \text{time} &= \frac{\text{distance}}{\text{speed}} \\ \text{distance} &= \text{speed} \times \text{time} \\ \text{Speed} &= 100 \text{ km/hr} \\ \text{time} &= 0.5 \text{ hrs} \\ d &= 100 \text{ km/hr} \times 0.5 \text{ hr} \end{aligned}$$

Camp craft - equipment / rucksack packing.

Food & nutrition. Cooking & using a Trangia. Create a nutritional menu for a walk/expedition. Pitching tents.

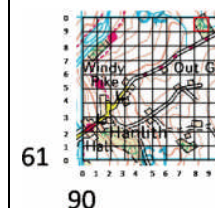


Plan practise day walks including the use of pre-prepared route cards.

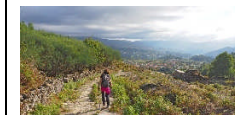
Refresher: Highway Code, Country Code.



Plan and prepare for practise/qualifying expedition and have an aim for the expedition. Complete detailed route cards inc. calculating distance, grid references. First aid.



Participate and complete in Practise and Qualifying Expeditions, emergency procedures, Navigational skills.





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