



TWO RIVERS
HIGH SCHOOL

Two Rivers High School

Explorers – Year 7 & 8

Knowledge and Skills

Rotation half year sessions for each group

	Autumn 2022-23		Spring 2022-23		Summer 2022-23	
Safety rules progression of safety rules provided for whole year to allow for differentiation of awareness	To listen to the safety rules	To know what could happen if you do not adhere to the safety rules.	To be able to Verbalize a safety rule in the circle	To know at least 2 safety rules	To know at least 4 safety rules	To be able to put these safety rules in place
Physical Development	I know how to travel over rough ground safely	I know carry sticks/logs safely	I can talk about my feelings about being outside	rotation		
Team building	To be able to work in a team	To be able to play a game in a team	To be able to communicate my ideas to students and adults	Rotation		
Nature/Flora	To be able to identify the parts of the	To name trees from shape and size of leaves	To know the lifecycle of a tree to be able	Rotation		



	structure of woodland		to name parts of a tree			
Fire	To know what is in the fire triangle	To know what is needed for emergency equipment when setting up an open fire	To identify items in the woodland to use on the fire	Rotation		
Nature/Fauna	To know what Fauna, you would find in the woodland and know where they live insects.	To be able to identify habitats and where Fauna would hibernate	To be able to identify birds and their features and what we can do to protect them.	Rotation		
Environment	I know why it is important to look after the environment	I can describe different ways to look after the environment.	I understand why we have a responsibility to take care of the environment.	Rotation		
Den Building	To know what is needed to build a successful den	To identify where you could build a den	Choosing the correct natural materials while thinking about safety	Rotation		
Ropes	To know what the safety	To be able to follow	To be able to demonstrate an Overhand Knot	Rotation		



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	rules are for using a rope	instructions for a Timber hitch				
Citizenship	To Contribute to what is expected of you to be a good FS citizen (Respect rules)	To be able to take part and understand why we take a vote for a game/ activity	To be able to be honest in a group situation when reflecting on feelings.	Rotation		
Tools	To be able to listen to the tool talk for using tools	To be able to identify tools and name them	To be able to listen to instructions and use a potato peeler safely	Rotation		



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Skills	Autumn 2023-24		Spring 2023-24		Summer 2023-24	
Safety rules	To be able to remember at least 5 safety rules	To show example of good safety practice to new yr. 7 students	To learn about the risk benefits of being in FS	To learn what you would do in an emergency	To learn what first aid in an emergency situation	To take a turn in leading the safety rules
Physical Development	I know what I would need to survive Food/water air (Shelter, heat)	I can make and complete an assault course	I know the benefits of being physically active outside.	Rotation		
Team building	To be able to solve a problem before asking an adult for help	To take instruction and direction from a team leader	To be able to be a team leader and give direction	Rotation		
Nature/Flora	To be able to identify plants, flowers or berries	To know the function and benefits of trees/plants	To be able to record findings in the woodland and identify them from a simple id sheet	Rotation		



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			(Drawing take a photo) etc			
Fire	To learn how to start a fire	To be able to set up an open fire	To toast a marshmallow around the fire safely	Rotation		
Environment	I can take part in establishing a Respect rule for the environment	To know what we can do to encourage wildlife into the area to be able to take on a role in looking after our FS environment	To know how our actions affect the wider world	Rotation		
Den building	To be able to use a tarpaulin to build a shelter using hand clamps	To be able to use a tarpaulin to build a shelter using ropes while remembering safety rules for ropes.	To be able to make an A frame den from a picture with specifications	Rotation		
Ropes	To be able to demonstrate the Timber hitch to someone else	To be able to tie a knot when using a tarp	To learn how to use a Clove hitch know in an A frame Den	Rotation		



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Citizenship	To be able to listen to others' views about reflection and situations	To volunteer to take on a responsibility	To be able to recognize when others are kind and reward them for that by communicating it to others in reflection time.	Rotation		
Tools	Remembering the safety tool talk stating risks And benefits	To be able to identify tools and name their parts.	To be able to use a Bow saw/Bill hook with a partner safely.	Rotation		