

OUTWARD BOUND IN-SCHOOL ADVENTURE

SAMPLE ONE-DAY PROGRAMME

	Morning	Afternoon
Aims	<p>Plan your adventure</p> <p>Get to know your team</p>	<p>Increase awareness of local environment</p> <p>Review and reflect</p>
Adventures and activities	<p>Team building</p> <p>Map reading skills</p>	<p>Micro-adventure*, e.g. finding a local landmark, journey to the highest and/or lowest points locally</p> <p>Build a shelter</p> <p>Mini solo and feedback</p>

**If using a site away from the school grounds, the school will need to provide suitable risk assessments ahead of the event start date. Any travel to another location will be the responsibility of the school.*