

Uniformed Protective Services – Extended Certificate

Y12 into Y13 Summer Independent Learning

Unit 11: Expedition Skills

This unit give you the opportunity to develop the skills needed to plan, participate in and reflect on expeditions.

You will investigate past expeditions, learning the history behind the most acclaimed and successful individuals and teams. You will also study lesser-known expeditions which have changed the way modern expeditions are planned and undertaken. You will learn the skills needed to plan and undertake an expedition and will be given the opportunity to demonstrate these skills during your own expedition.

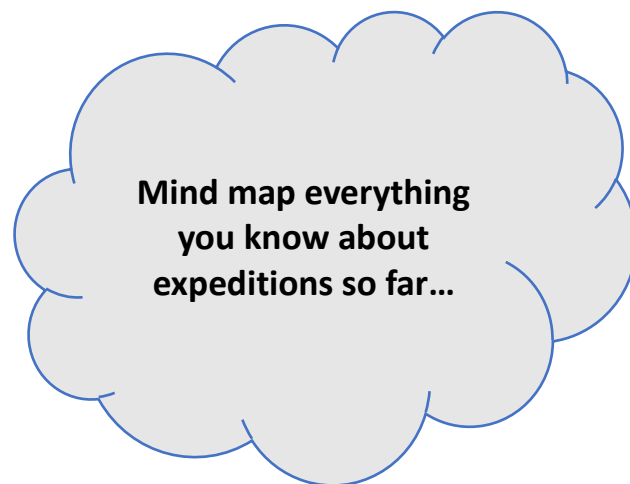
Assessment model

Learning aim	Key content areas	Recommended assessment approach
A Explore the development of different expeditions and their purposes	A1 Expedition types A2 Purposes of expeditions A3 Factors affecting the development of expeditions	A presentation on the different types of expedition and the factors associated with the development of a range of expeditions.
B Plan and undertake an expedition, considering all risks	B1 Key aspects of expedition planning B2 Considering health, safety and risk when planning an expedition. B3 Skills and techniques needed for undertaking an expedition	A portfolio of evidence, to include: <ul style="list-style-type: none">• details of the expedition• route card/ annotated map• risk assessment• factors considered when planning• written review of the expedition personal improvement plan.
C Review the planning and undertaking of your expedition	C1 Review the expedition undertaken, including the planning stage. C2 Development planning for future expeditions	



TASK 1

What is an expedition? Create your own definition:



TASK 2

A1 Expedition Types

There are many different types of expeditions:

You need to create a PowerPoint that includes the following expeditions:

1. Individual
2. Groups and teams
3. Corporate
4. Educational
5. Military and protective services e.g. uniformed services sponsored expeditions.
6. Clubs, youth organisations and award programmes, e.g. Scouts, Guides, Duke of Edinburgh's Award.

You need to make sure you include:

- What is it?
- What is the purpose?
- Why would someone participate in the expedition?
- Commercial / charity / teambuilding – what is the reason?
- Individual benefit?
- Organisation benefit?
- Strengths and Limitations of the expedition.



TASK 3

A2 Purpose of Expeditions

All expeditions must have an aim and objectives to make them viable.

You need to explain the following aims and objectives within your PowerPoint:

1. Military
2. Science
3. Exploration
4. Personal development / team building
5. Competition
6. Informative / educational
7. Commercial
8. Entertainment

You need to make sure you include:

- Definition of the aim/objective. Use 'in-text' references and Harvard reference at the end.
- Why it would be an aim/objective.
- Why is completing an expedition with this aim/objective beneficial? Apply the benefits to the individual or the organisation / group.
- Examples.



TASK 4

We will be going away for the night as part of your expedition (dates TBC). You should start looking at and thinking about the kit list below. There will be x3 students to x1 tent and groups will be issued the week before. This means that some items can be shared amongst you e.g. tin opener – Don't rush to purchase everything! You need to be thinking about the 3 meals you will need to provide for:

1. Food during the walk (e.g. sandwich)
2. Evening meal (you will be cooking this back at the site)
3. Breakfast before we set off back to NCD (you will be cooking)

Equipment Provided by College	Individual Equipment:	Suggested Food
Tent	Walking Boots	Tins of sausage and Beans
Trangia Stove	Walking trousers	Pot Noodle/Rice
Lightweight Compass	Underwear (enough for two Day)	SPAM/Bacon Grill
Maps	Thick socks (walking socks are best) x 3 pairs	Pre - Made Boil in bag camping food
Back Pack (Bergan)	Sleeping bag – 3 or 4 seasons is best for this time of year	Chocolate bars
	Base Layer x 2 (T shirt)	Jelly Babies/Beans
	Mid Layer X 2 (Fleece/Hoodie)	
	Water Proof Jacket and Trousers	Tinned stew
	Warm Jacket X 1	Tinned Soup
	Wooley Hat and Gloves	Tea/Coffee/Whitener
	Torch & Spare batteries	Cans of pop
	Sleeping Mat	Fruit
	Gaiters – Personal Preference	Cereal Bars
	Knife Fork Spoon	
	Water Bottle at least 3 litres	
	Flip Flops	
	Tin Opener	
	Personal First Aid Kit (including Blister Plasters)	
	Talcum Powder- for feet	
	Toiletries	
	Toilet Roll	