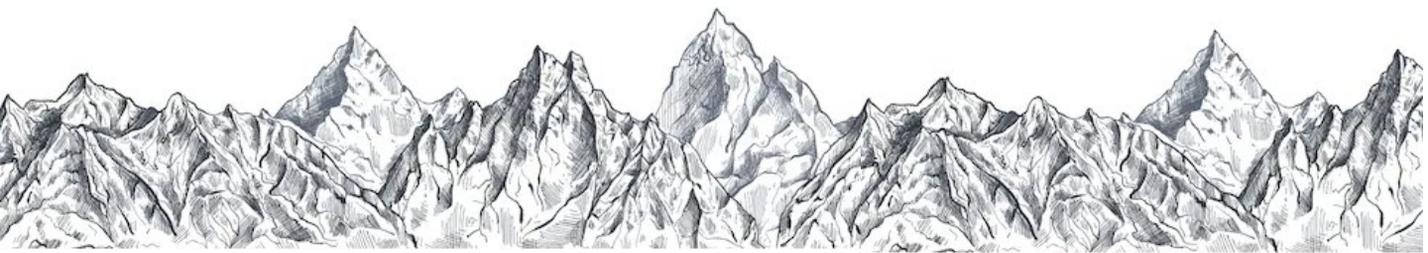




Rastrick High School

Virtual Camp Week

Name:



Contents

- Task 1 – Preparing for the outdoors
- Task 2 – Making shelter
- Task 3 – Outdoor cooking
- Task 4 – Basic outdoor first aid
- Task 5 – Survival skills
- Bonus Task 6 – Zombie survival
- Other Ideas – Nature, the sky, physical, happy & kind, creative

Overview

This booklet is for you to document and record what activities you did during the virtual camp week and other outdoor activities you have done over the summer break.

When we return to school, please bring this booklet in you to share with your tutors and peers. Achievement points will be awarded for each activity/task completed.

This booklet does not need to be a neat and tidy masterpiece, it's meant to be used outdoors so it will see a bit of 'rough and tumble!'

Whether there's a zombie apocalypse or an outdoor family trip this summer, these skills will come in handy for years to come, again, especially if there is a zombie apocalypse.

Task 1 - Preparation

Make a list of the equipment you would need if you were camping out overnight.

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

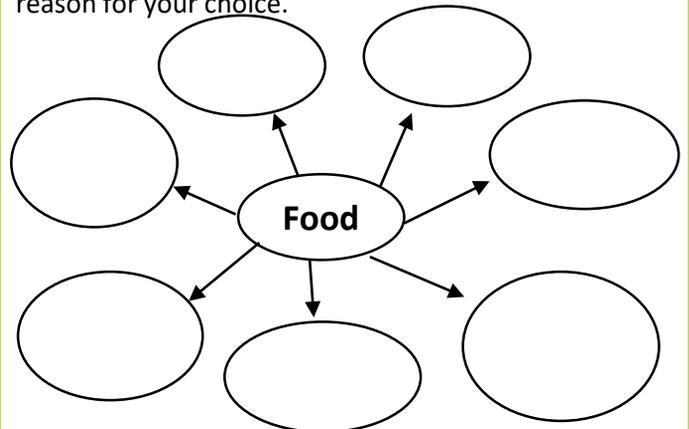
How should you pack a rucksack? Add labels where you put the heavy things, your sleeping bag, pots and pans, drink bottle etc?



What clothing will you be wearing and why? You need to plan for all weather types as we live in the UK

<u>Item of clothing</u>	<u>Reason</u>
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Food is crucial for an outdoor trip, What food/snacks will you take for a 2 day trip, include quantities and a reason for your choice.



Task 2 - Shelter

Will you be using a tent? Building your own outdoor shelter or a den in your bedroom?
Draw what your shelter looks like – Include labels for key features.

What must you think about before you pitch your tent/shelter/den?

- _____
- _____
- _____

What lighting will you have for the night?

What sleeping equipment will you have? How can you make sure it packs up small to fit in a rucksack?

Be careful , research what 'deadfall in woods' is:

What size tent/shelter do you need? What needs to be stored away overnight for safety/rain. _____

If building a shelter using natural resources such as branches etc, how can you make it as waterproof as possible (because we live in the UK). _____



Task 3 – Outdoor Cooking

List the meals you will have for breakfast, lunch and dinner, include snacks.

Breakfast

Lunch

Dinner/tea

Snacks

What will you do to prepare your cooking area? Think of how your food will be cooked and include safety steps.

What will you do to prepare your cooking area? Think of how your food will be cooked and include safety steps.

How will you keep certain food cool?

What safety concerns might there be?

Hazards

Risk (what could happen to you)

Precaution (what you can do to keep safe)

Research how to make 'S'Mores'





Task 4 – Basic First Aid

List the typical items found in a first aid kit:

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

What are the typical injuries that you might suffer from when camping/hiking outdoors?

- _____
- _____
- _____
- _____
- _____
- _____

Draw the recovery position, and explain the benefits.

3 first aid scenarios. Research how would you treat them.

1. A rather deep cut to the leg.

2. A broken arm.

3. Heat exhaustion.



Task 5 – Survival Skills

Orientating towards North is important to know where you're going. Describe two ways you can find north during daytime and one way to find north at night.

Daytime

Night

Making fire: (don't try this at home)

Research 3 ways to make a fire without using a lighter. Write the 3 ways below and a brief explanation.

1. _____

2. _____

3. _____

You may, one day, be in a country with dangerous animals. Research how to avoid these animals attacking you:

1. Grizzly Bear _____
2. Pack of Wolves _____
3. Elephant _____
4. Lion _____
5. Great White Shark _____
6. Hippopotamus _____

'Water, water everywhere, let's all have a drink' – a poem by the mariner, Sam Coleridge. However, drinking sea water = game over.

Research 2 ways in which you can get fresh drinking water if you were in an arid, desert environment – include a labelled diagram if you wish.

Method 1

Method 2





Bonus task 6 – Survival



-The zombie horde

Know your enemy: Draw a typical zombie that you may encounter. What key features/behaviours can it do?

Personal protective equipment – What will you wear to defend against bites and saliva transmission. What other items of defence will you need to face the living dead? Include a diagram with labels.

Key features: _____

Key features: _____

During a zombie apocalypse, surviving humans are scarce and they must be very resourceful.

Key problems that need to be addressed:

1. Where will you make base? (Note: windows can be smashed and many zombie piling up at a door will knock it down).

2. How will you make energy/electricity? (power stations no longer work, same for the internet and all plug sockets).

2. Where will you get fuel from for a vehicle/generator? Petrol station pumps don't work anymore.



Other Ideas



Nature

Animal Diary

Keep a diary as you care for an animal. You could keep track of when you feed them and what they eat, how you groom them and look after any other health needs, what kind of exercise they need and how they like to play.

Go on a Scavenger Hunt

Take a notebook and a pen to record your findings, as well as a bucket or empty egg box to collect a stash of leaves, shells, fossils, feathers, and sticks. Or maybe you could hunt for signs of animals instead? Can you find a slug trail, a deer track, or a bird's nest? The great thing about a scavenger hunt is that you can do it anywhere. Nature is waiting to be discovered wherever you look outdoors – whether it's at your local park, forest or in your garden. Make a note of the different colours you see. What about your other senses? Think about the different textures, smells and sounds you could discover.

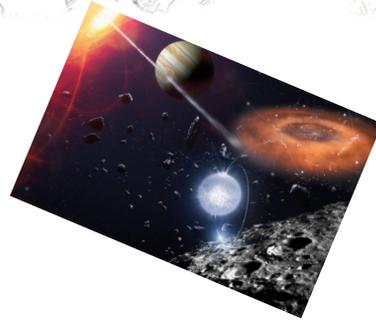
Make a Home for Wildlife

All sorts of animals need homes, so why not try making a bug hotel, a house for a hedgehog, or even a motel for a mouse? Think about the creature you're making a home for – does it need to be warm, light, dry, dark, cold, or wet? Don't despair if animals don't move in straight away. Many will take time to get used to a new place, so check back each day or week to see if any new friends have moved in. Go to shorturl.at/qzR23 if you need some help



Other Ideas

Astronomy



Embrace the Sunrise & Sunset

Sunrise: Set your alarm so that you wake up in time to watch the sunrise. Open your windows, feel the freshness of the early hours, gaze at a sun-streaked sky and tune in to the birds' dawn chorus. Take some pictures of the sunrise transforming your street. For the adventurers amongst you, you might go on a family walk to see the sunrise happening from a picturesque location.

Sunset: Find somewhere with a view to the west – that's the direction in which the sun goes down every day. You could look out from a window in your house or from your garden. Check what time the sun is due to set where you live and get in to position before this time. What happens to the colours in the sky as the sun sets? What do you notice about the wildlife at this time of day? Which ones are going to sleep and which ones are just waking up?

Stargazing

Stargazing tips • Turn off all the lights in your home to reduce light pollution. • Download an app like Star Walk 2 (iPhone) or Google Sky (android) to your mobile device, and they will tell you what stars you can see from your current location.

What you'll need • Adult help/supervision • Something to lie on. A blanket or camping mat will do. • Food, drink and warm clothes to keep everyone happy and warm as you wait for the stars to come out. Hot chocolate is a perfect choice to keep cosy. • How about uploading a playlist of space-themed songs to your phone? Or as the sun sets, you could read ancient myths about the stars and tales of space exploration.

Find the North Star...

People are always asking how to find Polaris, the North Star. It's easy! Drawing a line through the two outer stars of the bowl of the Big Dipper faithfully points to Polaris.

At one time, sailors' livelihoods and survival depended on their lucky stars – most especially, the pointer stars of the Big Dipper. Scouts also learn to use the Big Dipper and Polaris to find the direction north.

Polaris is *not* the brightest star in the sky, as is commonly believed. It is a moderately bright second-magnitude star, radiant enough to be fairly easily seen in a dark sky. Unlike the other stars – which either rise in the east and set in the west, or else wheel in a circle around Polaris – the North Star appears fixed in the northern sky. (<https://earthsky.org/tonight/use-big-dipper-to-locate-polaris-the-north-star>).



Other Ideas

Physical



Up, Up and Away!

Climb the biggest hill you can find! On the way up, look out for wildlife beneath your feet and in the sky - you'll be amazed at what you can find living on a hill. Feel your breath as it goes in and out. How does it change, the higher up you go? What about when you finish your climb and finally stop? Make sure you take time to enjoy your view when you reach the top. You're king of the castle now.

For keen climbers – with your family try ascending Stoodley Pike, Calderdale's highest point at 379 metres above sea level.

Orienteering

It's the journey that's important! Plan a route using a map (you could use an app on a phone if you don't have a paper map) and stick to it. Think about how long you want to walk for, the terrain you might encounter and what you want to see. The OS maps app and mapmywalk are good apps to use if you don't have a paper map. What you'll need:

- A trusted adult
- A map of the area you want to explore
- An idea of where you want to end up - your destination
- Some drinks, snacks and clothes for the weather

Complete every PE challenge (see Twitter @rastricksports)

Embrace our weekly challenges. Some require skill, some require flexibility, some require strength. How many can you complete?



Other Ideas

Happy and Kind



Kindness Rocks

Paint some rocks with messages of kindness and hope and leave them in your local community. They are sure to bring a smile to the faces of those who see them. You will need smooth rocks, paint and paint brushes, and permanent markers if you want to write with pen on top of your painted background

Wellbeing Boxes

First, you'll need to find or make a box. The bigger it is, the more you will be able to fit in it. You could make one from cardboard or even wood but get an adult to help you put it together. Next, cover/decorate your box however you wish. Once it's finished, fill it with things that make you feel good. Your wellbeing box might include: • positive messages • reminders of great days • the lyrics to your favourite happy song • photos of friends and family • hobby memorabilia etc. You could even make one for someone else and fill it with things that will make THEM happy!

Family Chef

Plan and make a healthy meal for your family. Discuss with your parents/carers what would be a good meal and what ingredients you have available. Ask an adult to supervise, especially if you're going to be boiling water or using appliances. Don't forget the washing up!





Rastrick
High School

Share your experiences!

Twitter:

**Tweet photos or short videos to
[@RastrickHigh](https://twitter.com/RastrickHigh)**

Email:

**Email Yr7 photos, descriptions and
short videos to
year7support@Rastrick.Calderdale.sch.uk**