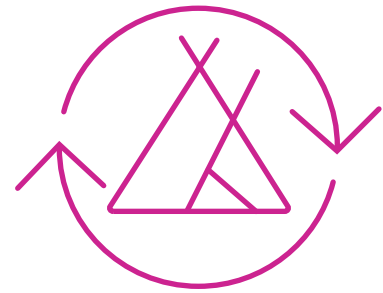


EXAMPLE LESSON PLAN

PART 1

OPERATION BASE CAMP BUILD (LEARNING POD)



The students have just been on the lake in Ullswater. Listened to some facts about the Lake district, the lake and Outward Bound.

The instructor has set them a challenge on school grounds! Fully inspired and weather check complete!

Students will embark on their first challenge: **creating a safe and warm operations base (Learning Pod) for the week.**

The materials have been strewn around school. The team have to navigate and find the equipment before they can begin designing and building the camp.

This task encourages co-operation and shared responsibility. They must work in small groups to salvage the equipment before the build.

OBJECTIVE:

Create a safe and warm operations base for their team.

In small teams, once students have collected the equipment, they must work together to build a shelter using the provided materials.

This hands-on activity focuses on teamwork, problem-solving, and communication as they work together to build a shelter.

MATERIALS NEEDED:

Cones, ropes, tarps, poles, buckets, barrels, planks, bamboo sticks and any available outdoor props for building a team shelter. (As per the video or resource).

SETUP:

Equipment needs to be placed around school in safe locations before the young people arrive.



1 INTRODUCTION (5 MINUTES)

- Welcome the students to their first adventure.
- Explain that their mission is to create a base camp that will serve as their operations hub for the rest of the programme.
- Show a brief AR/VR video of an Outward Bound instructor / ambassador at one of the centres building a similar shelter, setting the stage for the challenge.

2 TASK EXPLANATION (5 MINUTES MAX)

- Inform students that their materials are scattered around the school grounds, and they must find and gather all necessary items before beginning the build.
- Once all materials are collected, they will need to work as a team to design and construct the shelter, ensuring it is stable and functional.

3 SCAVENGER PHASE (15-20 MINUTES)

- Students break into small teams (3-5 pupils per team).
- Teams navigate the school grounds to find and collect the building materials.
- All teams must return to the central building area with their materials before they can start the construction phase.

4 SHELTER BUILDING PHASE (20-30 MINUTES)

- Each team works collaboratively to build their shelter using the collected materials.
- Encourage students to think creatively, using the materials in ways that maximise stability and protection.
- The team will have to build a shelter big enough for the whole class to reflect after each adventure, keep warm and eat lunch.



RULES:

Teamwork Focus: No student should be left behind during the scavenger hunt. Everyone must contribute to finding and gathering materials.



COMMUNICATION IS KEY:

Encourage teams to communicate effectively during the build process. Clear roles can be assigned (e.g., lead builder, material gatherer, designer) to ensure everyone is involved.



TIME LIMIT:

Teams have a set time to complete the scavenger hunt and build the shelter (approximately 40-60minutes in total).



QUALITY CHECK:

Once complete, the instructor will assess the shelters for sturdiness, creativity, and teamwork shown during the process. Don't forget the shelter will stay in-situ for the whole week and will be used for lunch, breaks and reflection time.

INSTRUCTOR NOTES:

Encouragement: Throughout the activity, encourage students to think outside the box, cooperate, and reflect on the importance of teamwork in building something functional and reliable.

Safety Check: Ensure all materials used in building the shelters are secure, and no unsafe structures are left standing.

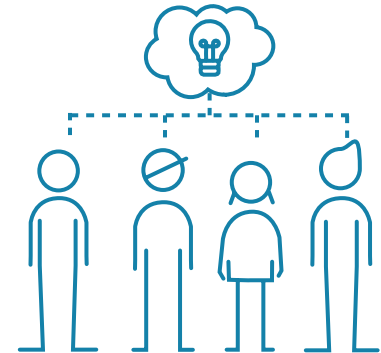
own during the process. Don't forget the shelter will stay in-situ for the whole week and will be used for lunch, breaks and reflection time.



PART 2

REFLECTIVE DEBRIEF

(10 MINUTES AFTER EACH SESSION)



After completing the base camp task, gather the group for a reflective session, reinforcing the values of teamwork, resilience, and self-reflection. Using the OB way!

What did we learn about teamwork?

Encourage students to share their experiences, including challenges and successes in communication and cooperation.

How did we handle setbacks?

Ask students to reflect on moments of difficulty and how they overcame challenges together.

What is the “Outward Bound Way”?

Introduce core values such as adventure, self-discovery, resilience, teamwork, and leadership. Discuss how these played a role in the day’s activity.

How can we apply this throughout the week?

Emphasise the importance of these skills for the rest of the week’s adventures.

WHY WORKS INSTRUCTOR NOTES:

Hands-On Learning:

Students engage in practical tasks that emphasise teamwork and communication.

Inclusive: Every student plays a role, ensuring that all are involved and valued.

Immediate Impact: The activity connects students with the Outward Bound ethos from day one, fostering engagement and excitement for the week ahead.

