

2nd chosen organisation:

1st adventurous activity:

2nd adventurous activity:

**Learning Outcome 2**

Know the factors relating to outdoor adventurous activities.

**U5 Task 2**

AC 2.1 Describe a range of factors relating to adventurous activities.

a. **Describe TWO** benefits that an individual participant gets from adventurous activities.

Benefit 1:

Benefit 2:

b. **Describe TWO** environmental factors relating to adventurous activities. You should consider the **negative** effects on the environment that can be caused by adventurous activities taking place.

Factor 1:

Factor 2:

c. Describe **TWO** safety factors relating to adventurous activities. These must relate directly to the safety of the participants in the activity.

Factor 1:

Factor 2:



Learning Outcome 3

Be able to participate in outdoor adventurous activities.



U5 Activity 1

AC 3.1 Participate in appropriate outdoor adventurous activities.

To achieve this activity, you must take part in a minimum of **TWO** outdoor adventurous activities. This is something that will usually be carried out as part of your normal activities. CVQO will receive a record of you achieving this from your unit.



Learning Outcome 4

Be able to review the adventurous activities.



U5 Task 3

AC 4.1 Review the outdoor adventurous activities undertaken.

You now need to **review TWO** adventurous activities that you have taken part in. Try to identify any skills and techniques which you learnt or developed while taking part in these activities.

These **must** be **adventurous** activities and should **NOT** be sporting activities (for example, football, swimming, archery or road marching), or military activities (for example, fieldcraft, shooting or assault course).

First adventurous activity:	
Skills and techniques learned or developed:	

Second adventurous activity:	
Skills and techniques learned or developed:	



U5 Task 4

AC 4.2 Review the involvement of uniformed organisations in a range of adventurous activities.

You have been asked to review the benefits that communities or groups of people get from adventurous activities that are run and managed by uniformed organisations. You should also consider the benefits that the uniformed organisations might gain from providing adventurous activities to those outside their own organisation.

An example of this is the key role that the Army plays in the planning and co-ordination of the Ten Tors expedition challenge event on Dartmoor. The 2,400 participants in this annual event are largely from youth groups or school teams. You might consider what the benefits are to those participants and their parent organisations taking part in this event, and what the benefits are to the Army.

You should name your chosen uniformed organisation and say what it provides in terms of adventurous activities. Your review should also include an explanation of one or two of the benefits the participants and/or communities gain from taking part in adventurous activities. Finally, you should say what the benefits are to the organisation that is running and managing these adventurous activities.

Chosen organisation	
What the organisation provides in terms of adventurous activities:	

Benefits to participants and/or communities:

Benefits to the organisation itself: