



By the end of the lesson you will be able to:

1. **DESCRIBE** at least 4 adventurous activities provided by different uniformed organisations (Task 1)
2. **DESCRIBE** 2 benefits, 2 environmental factors and 2 safety factors for adventurous activities (Task 2)
3. **PARTICIPATE** in appropriate outdoor adventurous activities (Practical task)



By the end of the lesson you will be able to:

4. **REVIEW** 2 adventurous activities you have taken part in and the skills and techniques you learnt or developed (Task 3)
5. **REVIEW** the involvement of a uniformed organisation in delivering adventurous activities (Task 4)
(What they provide / Benefits to the participants/communities and Benefits to the organisation).