

## UNIT 5

### PRE-SET QUESTIONS

Below are 8 questions that you may choose to use for a recap exercise. The purpose of this exercise being to test the learner and to see how much they have learnt in the session. Tutors will need to exercise a little discretion with regards to the answers the learners give. Possible answers to each question are listed.

1	What activity would involve you selecting the best route to collect codes, numbers or a stamp in the quickest time?	Orienteering
2	What equipment would you need to take part in an abseiling activity? Name at least 3.	Ropes / harness / helmet / belay devices / Carabiners
3	Name at least 2 benefits of taking part in Adventurous Activities.	Confidence / teamwork / challenge / trust / discipline / will power / learning / initiative
4	Name at least 3 safety factors you would consider before taking part in any adventurous activity.	First aid cover / ratio / weather / terrain suitability / correct equipment / emergency procedures
5	What is a definition of an adventurous activity?	An activity that involves greater than normal risk
6	Name at least 6 adventurous activities.	Mountain biking / orienteering / abseiling / climbing / gliding / caving / high ropes / windsurfing etc.
7	What do uniformed organisations gain from providing adventurous activities for cadets to participate in?	Engagement with the community / provides a positive profile of the organisation
8	What skills and techniques can be developed from learning how to mountain bike? Name at least 3.	Balance / determination / bike maintenance / gear selection / confidence