

ACTIVITY & ACHIEVEMENT RECORD



Back to Basics

BUSHCRAFTERS

INFORMATION FOR SCHOOLS

Back to Basics has a trusted reputation delivering Bushcraft, Outdoor Education, First Aid & Common Sense.

The benefits of outdoor education and in particular Bushcraft are immense. It can help develop confidence, nurture new skills, assist with well being and helps your mental health.

SCHOOL STAFF SERVICES

Staff outdoor training with CPD accreditation, staff well being courses, PPA Cover, HSE Paediatric 1 & 2 day First Aid courses, Team Building.

ADDITIONAL EDUCATIONAL ACTIVITIES

Themed sessions to compliment learning topics and specialised support services are available on request. Other outdoor activities are available to provide enrichment and advanced skills, these include:

JOHN MUIR AWARDS

Is an environmental award scheme for people of all backgrounds. Non competitive, inclusive and accessible to all. Four challenges lie at the heart of the award.

NAVIGATION AWARDS

Navigation award scheme used for all age groups and abilities to explore using maps. Bronze, Silver & Gold progressions with Gold usually being used for Bronze Duke of Edinburgh awards.

ECO SCHOOLS AWARDS

We are here to help you start the project, give advice along the way, fine tune or complete the whole process with you at your school. Progressing from Bronze to Silver and Green Flag will be a challenging experience and help encourage ecology.

ADDITIONAL ACTIVITIES CONT.

SURVIVING THE STONE AGE

Spend a full or half day exploring the talents and ways of the Stone Age man. Look and feel hand made flint tools, feel & discover Stone Age glue, build shelters, fire lighting demonstrations during a hands on outdoor learning experience.

NURTURE

Mental health issues & anxiety are on the increase and using outdoor education and nature to nurture is proven to help develop long term gains. Assisting with social, emotional and behavioural development for social development and integration

TEAM BUILDING

Let us provide you with sessions that will build confidence, speak out, explore ideas, try new things, provide encouragement & support for large or small groups.

EARLY YEARS

We make, supply and bring to our sessions outdoor equipment that encourages dexterity, stimulates, aides-coordination and is engaging, colourful & fun. We can come to your setting and set up and outdoor learning environment to compliment your setting.

AFTER SCHOOL CLUBS

After school clubs that can be tailored to your school's needs. We offer Bushcraft clubs, Archery clubs, Axe throwing clubs, Nature clubs & First Aid clubs

FIRST AID

We can provide children with essential life saving skills that build character, self esteem and knowledge. This skill has been recommended to become part of the National Curriculum. Stand out from the rest and achieve this as standard.

CURRICULUM LINKS

The following areas demonstrate and deliver Social, Emotional & Developmental skills and Wellbeing. Each skill has been divided into National Curriculum areas as follows: -

FIRE LIGHTING

Science: *Everyday materials, States of matter, Properties and changes of materials, Forces, Plants, Living things and their habitats.*

Maths: *Measurement. Physical Education.*

SHELTER & DEN BUILDING

Science: *Seasonal changes, Everyday materials, Properties and changes of materials, Forces, Living things and their habitats, Animals, including humans.* **Maths:** *Measurement. History. Physical Education.*

Art and Design. Design and Technology. Geography.

CUTTING TOOLS

Science: *Everyday materials, Properties and changes of materials.*

Art and Design. Maths: *Measurement.*

Physical Education. Design and Technology.

FIRST AID

PHSE: *Enrichment.*

ARCHERY AND AXE THROWING

Physical Education: *Enrichment.*

WATER

Geography: *Field work. Science: Properties and changes of materials. Design and Technology.*

CURRICULUM LINKS CONT.

NAVIGATION

Geography: *Skills & Field work, Locational Knowledge, Human and Physical Geography.* **Maths.**

FORAGING

Science: *Seasonal changes, Living things and their habitats, Plants, Cooking & nutrition.*

KNOTS AND LASHINGS

Science: *Plants, Properties and changes of materials, Forces.*
Art and Design. Design and technology. Physical Education.
History.

TREE IDENTIFICATION

Science: *Seasonal changes, Living things and their habitats, Plants.*

NATURE

Science: *Seasonal changes, Living things and their habitats, Plants, Animals including Humans & working Scientifically.* **Design and technology.**

CAMP COOKING

Design and Technology: *Cooking and Nutrition.* **Science:** *Everyday materials, states of matter, Properties and changes of materials, Forces, Plants, Living things and their habitats.* **Maths:** *Measurement.*

CAMP GADGETS

Science: *Everyday materials, Plants, Properties and changes of materials, Forces.* **History. Design and technology.**
Physical Education.

SHELTER & DEN BUILDING



EXPLAIN / DEMONSTRATE:

Explain 'A' frame construction



Explain why water proofing is essential



DEMONSTRATE:

Identify correct wood for an 'A' frame den



Construct a basic 'A' frame den



Clear away a den leaving no trace



Pitch a tarp



Learn basic camp knots



Put up a tarp to keep a group dry



Put up a tarp for kitchen use



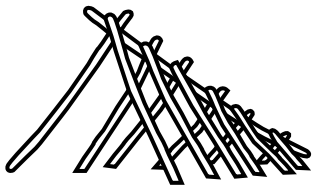
Position of den / shelter



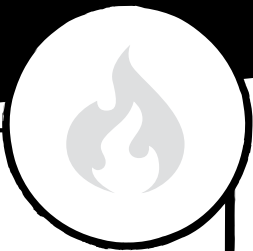
Spend some time in a den / shelter



Construct a water proof 'A' frame den



FIRST-AID



BASICS:

Making an emergency call

Minor injuries, cuts, grazes & splinters

Minor burns & scolds

AED (defib.)

Preventing cross infection

Primary survey

Secondary survey

EXPLAIN / DEMONSTRATE:

Recovery position

Basic life support

Treating unconscious casualty

Fractures, sprains & strains

Asthma

Choking

Severe burns & scolds

Eye injuries

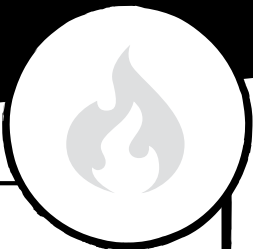
Diabetes, epilepsy & stroke

Poisoning

Wounds, bleeding, shock & anaphylaxis

Head, neck & back

Heart attack



EXPLAIN / DEMONSTRATE:

How to make a bug hotel

How to follow an animal trail

Plan a nature trail

Explain the four seasons

Explain how we can help birds build nests

MAKE / BUILD:

Make a rainbow using nature

Build a bird box

Build a bat box

Build a bug hotel

Make a nature trail

Make a garden bee & butterfly friendly area

IDENTIFY:

10 common British birds

10 mini beasts

10 common British animals

JOIN IN:

Take part in a scavenger hunt

OUTDOOR LEARNING RULES

When taking part in outdoor learning, you must abide by the following rules:

1. *Contribute to a supportive and positive environment that makes sure everyone enjoys learning outdoors.*
2. *Contribute to a safe environment free of fear and harassment.*
3. *Treat yourself and other outdoor learners with respect and courtesy.*
4. *Allow everyone to participate equally and make sure everyone accepts responsibility for their own actions.*
5. *To use all equipment and resources safely and to treat the outdoor area with respect.*
6. *Wear appropriate clothing for the weather and the outdoors.*
7. *Keep the noise to a learning level and be mindful of those around us.*
8. *Respect the rights of everyone to be fair, honest and considerate to others.*
9. *Listen to and follow all instructions carefully.*
10. *Have fun and learn as much as you can.*

**Failure to abide by these rules may mean pupils missing out on any future outdoor learning.*

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BUSHCRAFTERS

Tel: **01493 249 250**

Email: **info@bushcrafters.org.uk**

www.bushcrafters.org.uk

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