



Bolton Outdoors and Patterdale Hall Daily Outdoor learning Challenge



Activity

Pace 100 Metres

Date

27/3/2020

Aim/Activity and Instructions.

When out navigating on the fells. You may see on the map that you need to walk 100metres or more to get to a location. In order to do this, we learn how many paces we as an individual for 100metres. A pace is every time your left, or your right foot touches the ground. Most people are between 50 and 70 paces per 100 metres, it depend how long your legs are. To do this, you will need to measure out a distance with a tape measure, perhaps 10 metres, or more, the you can work it out, or walk back and forth (not even my garden is 100m long!).

Later we will learn to adjust this number for uneven ground, or hills.

Learning Outcomes:

- Navigation skills
- Practical maths
- Estimating distance
- Solving problems

Resources:

Tape measure
Outside space at least 5-10metres.

Key Risk and Controls:

Stay safe.
Once you have finished, tidy equipment away. Remember, ask an adult for help.

How to share your learning:

Once you have completed this task, email a picture and tell us what you did sjb@boltonschool.org or ask a family member to put it on Twitter and Tag us in it.

@BoltonOutdoor and @Patterdale_Hall our Twitter

@PatterdaleHall for our Facebook

@patterdale_hall for our Instagram

Thought for the Day:

‘True navigation begins in the human heart. It’s the most important map of all’ Elizabeth Lindsey.

Disclaimer: Please undertake this activity under the direction of a competent adult agreed by your parents/carers. Be sensible and careful. Patterdale Hall and Bolton Outdoors cannot take responsibility for you on these activities, they are meant as a guide only.

Please get some fresh air, stay safe, have fun and share your learning and outcomes with others.