

Level 3 Qualification in Lowland Expedition Leadership

Example Programme: 5-day Residential Course

D1		
09.00	INTRODUCTION – LEL remit	
10.00	KIT & CLOTHING	
12.00	RUCKSACKS – PACKING & FITTING	
14.00	MAP READING. GRs, scale, symbols, scale, Naismith rule, walk timing	
17.00	TEACHING SESSIONS - requirements	
19.00	TEACHING SESSION PLANNING – session 1	
21.00	Finish for day	12
D2		
08.00-12.30	NAVIGATION WALK + LEADER’S KIT, contours, route description	
14.00	CAMPCRAFT – tents (inner/outer first, repair)	
16.00	COOKING SAFELY ON DIFFERENT TYPES OF STOVE + ORGANISING GROUP COOKING	
18.00	Evening meal – CAMP COOKING	
19.00	TEACHING SESSION PLANNING – session 1	
21.00	Sleep in tent 1	13
D3		
09.00	TEACHING SESSION – session 1 (cooking, tents, kit)	
13.00	HALF DAY WALK (bring packed lunch)	
16.00	ROUTE PLANNING – full day walk (completing route cards)	
18.00	TENT REPAIRS, symbols game	
19.00	WRITE UP LESSON PLAN & REVIEW	
21.00	Sleep in tent 2	12
D4		
08.00	STRIKE CAMP	
10.00	FULL DAY WALK (bring packed lunch)	
18.00	EVALUATION OF FULL DAY WALK	
19.00	Go through DER, write up sections	
21.00	Finish for day	13
D5		
09.00	WEATHER	
10.00	MANAGEMENT OF UNACCOMPANIED GROUPS	
12.00	DER run through – HMK tasks – leadership development plan, book DEAMS sessions x3	
13.30	DEBRIEFS – skills/behaviours to develop	
	Course evaluation sheets	
14.30	Depart	5

	Post course activities	
2 hrs	Home study – LEADERSHIP DEVELOPMENT PLAN	
2 hrs	TEAMS session 1 - LEADERSHIP	
2 hrs	Home study - LDPs (above), FOOT CARE, FOOD & DRINK	
2 hrs	TEAMS session 2 - FOOT CARE, FOOD & DRINK	
2 hrs	Home study – TEACHING A MAP READING/COMPASS ELEMENT	
2 hrs	TEAMS – PRESENTATION OF LESSON ON MAP READING	
5 hrs	Plan a DoE programme for the year	

2 hrs	TEAMS session 3 – Review programmes, POST COURSE REQUIREMENTS – COMPLETING DER	
5 day course		(4x12)+2+5
TEAMS sessions x 3		3x2
Home study x3		(3x2)+5
		Total time
		72