



## **Expeditions**

This section encourages a sense of adventure and discovery. All ventures involve journeying in the countryside, on waterways or at sea, conceived with a purpose and undertaken on foot, by cycle or on horseback, or in canoes or boats, without motorised assistance. The venture must present the participants with an appropriate challenge in terms of purpose and achievement.

**Minimum Distance/Time** - (over two days)

Foot - 24 km/15 miles

Cycle - 112 km/70 miles

Paddling/Rowing/Riding - 4 hours/day

Sailing - 6 hours/day

All expeditions require a full training programme, which will include practice expeditions, before assessment can take place.

## **Skills**

This section aims to encourage the discovery and development of personal interests, and social and practical skills. These interests must be sustained over a period of time, leading to a deeper knowledge of the subject and the attainment of a reasonable degree of skill.

**Minimum Time** - 3 months

**Examples** - Amateur Radio, Bee Keeping, Dog Training, Foreign Language, Fishing, Choir, Photography.

## **Physical Recreation**

This section encourages participation in Physical Recreation and improvement of performance. To qualify, participants must show improvement of overall performance in the chosen activity, show effort, and show progress based on their initial