

# Explorer - 2020 Emergency Curriculum

## General

- ▶ Read the Hunter Chronicles 2
- ▶ \*\*To give you context, it will be very beneficial for you to read Volume 1, before starting Vol 2.

## Advanced

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## Bible Search

- ▶ Complete the Hunter Chronicles - Handbook 2.
- ▶ Have a current Memory Gem certificate.

## Advanced

- ▶ Read the book of John.
- ▶ List 10 things that impacted your thinking as you read this book.

## Serving Others

- ▶ Look for ways in which you can serve others through this COVID 19 crisis. Ways may include:
  - ▶ 1. Online or phone connection with the lonely from your church
  - ▶ 2. Letterboxing your street when you are out exercising asking your neighbours if they need support in anyway.
  - ▶ 3. Creating social media posts that promote positive lifestyle during the this time of social isolation.

## Advanced

- ▶ I am stepping up my support to those in isolation.
  - ▶ 1. Donate to a food bank
  - ▶ 2. Write a hand- written letter and send it to someone isolated - snail mail.
  - ▶ 3. Organise an online - singalong or games evening with others.
  - ▶ 4. Reaching out - support someone who is struggling with their mental health

## Church Heritage

- ▶ Watch episode 33 and 34 in the Linage Journey series.
- ▶ What do you think about John Knox?
- ▶ What would you say to the queen when questioned about your faith?
- ▶ <https://www.waymaker.tv/christian-history-lineage-episodes-1-20/videos/episode-33-john-knox-scotland-s-greatest-reformer-1>
- ▶ <https://www.waymaker.tv/christian-history-lineage-episodes-1-20/videos/episode-34-john-knox-showdown-at-holyrood-1>

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## Health & Fitness

- ▶ <https://www.youtube.com/watch?v=6fmhLcYSn-Y>
- ▶ <https://www.youtube.com/watch?v=V2Aj-iJ6p38>
- ▶ <https://www.youtube.com/watch?v=-oN2emCHMIg>
- ▶ Watch one of the above YouTube clips and design a small pledge card which demonstrates your choice to live a lifestyle free from the harmful effects of drugs and alcohol. You can make it on special paper and decorate.
- ▶ Sean's video on Fitness here.

### Advanced

- ▶ Find a 20 to 30 min workout on YouTube and repeat this (or similar) 5 days in a row.
- ▶ [www.fitnessblender.com](http://www.fitnessblender.com)

## Nature Study

- ▶ Complete one of the following honours: Birds Amphibians, Flowers, Stars or Weather.
- ▶ <https://pathfinders.adventistchurch.com/resources/category/honours/>
- ▶ Be able to identify three planets five stars and five constellations
- ▶ Be able to identify: Archernar, Southern Cross, The Pointers, and Orion.
- ▶ <https://weloveweather.tv/top-6-astronomy-apps/>
- ▶ <https://pathfinder.org.au/running-a-club/honors/>

### Advanced

- ▶ Complete another nature honour.

## Camping & Survival

- ▶ Overview the "Friend" and "Companion" knots.
- ▶ Learn the TAPE Knot.
- ▶ <https://www.youtube.com/watch?v=gxg9DzzjtwE>
- ▶ Plan a menu for a three day camping trip for four people.
- ▶ <https://www.snowys.com.au/blog/food-planning-tips-for-a-multi-day-hike/>
- ▶ Complete section 2 and 4 of the Map and Compass honour .
- ▶ <https://pathfinders.adventistchurch.com/resources/map-compass/>
- ▶ Have a basic knowledge of using a 2-way radio.
- ▶ <http://www.withoutahitch.com.au/travel/uhf-cb-radio-communications-which-channels-australia/>
- ▶ Compete one recreational honour not yet completed.
- ▶ <https://pathfinders.adventistchurch.com/resources/category/recreation/>
- ▶ There are 4 basic lashings that we use in Pathfinder. Overview the methods on YouTube and then see if you can find things in the garage to practice your lashings on (broom handles, shovel handles etc.)
- ▶ <https://www.youtube.com/watch?v=lwtpo6BsmcE>
- ▶ <https://www.youtube.com/watch?v=5PQe6FHSTVw>

### Advanced

- ▶ Develop a hiking safety plan for your next hike or pathfinder expedition.
- ▶ <https://www.trailhiking.com.au/hike-safety/walk-safe/>
- ▶ Plan and cook 2 camp meals - this can be done at home and tested on family.