

- **MOUNTAIN WALKING**

The candidate is assessed in the selection and application of acquired and developed skills whilst planning and taking part in a physically and technically demanding six hour walking expedition in unknown, open or wild country remote from habitation.

The following regulations apply:

- the appropriate safety measures must be applied.
- the candidates maintains a detailed log book which covers both the planning and preparation for the expedition itself. The log **must** be available at moderation.

The log should contain:

- details of personal equipment for the expedition and the reasons for taking it;
- details of group equipment and the reasons for taking it;
- discussion of the safety principles to be applied;
- identification of the code of ethics to be followed;
- detailed route planning together with relevant safety measures;
- route card;
- details of nutritional planning;
- evaluative comments in relation to the expedition.

Assessment will be based on performance in a conditioned competitive situation where the candidate performs the acquired and developed skills under pressure in a strategic situation. The level of success of the acquired and developed skill is measured through the phases identified below:

- Use and interpretation of maps and their symbols;
- Navigation across country using map and compass;
- Planning the route;
- Calculation of distance using a map;
- Organisation and use of equipment, application of safety principles, conservation practices and respect for others.
- Obtaining grid and magnetic bearings

These assessment phases are used in conjunction with the following assessment criteria for the conditioned competitive situations. The candidate is assessed out of a maximum of 30 marks.

EXPEDITION

The candidate will take part in a physically and technically demanding six hour expedition in unknown open or wild country remote from habitation. The use of roads will be limited to that necessary to move between the areas of open country.

The expedition should include at least six hours walking with the distance covered dependent on the type of terrain involved. When undertaking an expedition in unfamiliar country, the candidate should spend some time there before the expedition in order to become well acquainted with the conditions of the area. The type of terrain should allow candidates to fulfil the assessment requirements, being wild country where walkers are dependent on themselves and remote from any immediate help.

Suitable venues for expeditions can be found in the following areas:

Dartmoor	Cheviots
Brecon Beacons	Highlands of Scotland
Black Mountains	Skye
Mid and North Wales Mountains	Harris
Peak District and Northern Moors	Lewis
Pennines	Arran
North Yorkshire Moors	Sperrin Mountains
Galloway Hills	Antrim Hills
Mountain of Mourne	Lake District

The type and amount of food to be taken forms part of the planning and this will be influenced by expected length of expedition, weight to be carried, personal preferences, energy and nutritional demands, emergency provisions.

The group size should be a minimum of 3 and a maximum of 6. Due account should be taken of seasonal conditions and, unless candidates have had considerable experience of high level summit ridges, these should be avoided. Expeditions should **not** take place in winter conditions. During the expedition the candidate will be expected to exhibit an understanding of the spirit and content of both the country and mountain codes.

It is expected that the planning of the route will involve identifying checkpoints and timings thereby enabling the teacher to loosely supervise the candidates.

The candidate will maintain a detailed log which covers both the planning of the expedition and the expedition itself. The log **must** be available at moderation.

**Outdoor and Adventurous Activities:
Mountain Walking**

Unit 2564

Marks	Description
25-30	Candidate demonstrates a very high level of acquired and developed skills that show a consistently high standard of accuracy, control and fluency. There is successful selection and application of more advanced techniques where accuracy, control and fluency remain despite pressures. The candidate introduces appropriate strategies and demonstrates an understanding of survival and safety techniques. Performances in the conditioned competitive situations are excellent and progress has allowed them to achieve their performance-based targets.
19-24	Candidate demonstrates a high level of acquired and developed skills that illustrates a very good standard of skill production. There is consistent success in the selection and application of advanced techniques in the expedition. Under pressure the level of technical accuracy, control and fluency is normally good. The candidate shows a good understanding of the perceptual requirements to perform and introduces a range of survival and safety techniques. Performances in the conditioned competitive situations are very good and improvement has been such as to allow a high standard of learning and understanding.
13-18	Candidate demonstrates a good level of acquired and developed skills that allows for a sound standard of performances in the expedition. There is a sound level of success in the selection and application of advanced techniques in the expedition and under pressure the level of accuracy, control and fluency is reliable. The candidate is able to introduce and use sound survival and safety techniques. Performances in the conditioned competitive situations are good and improvement reflects satisfactory learning and understanding.
7-12	Candidate demonstrates an improving level of acquired and developed skills that allows for an average level of performance in the expedition. There is an attempt to select and apply advanced techniques on the course and under competitive pressure accuracy, control and fluency are usually achieved. The candidate has a perception of the requirements of performance and is able to introduce and use survival and safety techniques at a satisfactory level. Performances in the conditioned competitive situations become more consistent and progress has allowed some in learning and understanding.
0-6	Candidate demonstrates a moderate level of acquired and developed skills that allows for a moderate level of performance. There is an attempt to select and apply advanced techniques and under pressure there is a level of technical accuracy, control and fluency. The candidate is able to incorporate some survival and safety techniques with a limited perception of the requirements of performance. Performances in the conditioned competitive situations have some consistency with a degree of learning and understanding.