

Curriculum Map Year 7 2025 2026

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
Autumn 1	Safety in the Forest							
Unit	How can you plan and lead a safe group activity outdoors?	How do you identify and manage potential hazards in the forest?	What clothing and equipment choices help protect you in different conditions?	How do you safely use hand tools, and teach others to do the same?	How can you prepare a first aid kit and respond to common injuries?	What steps ensure hygiene and safety when preparing food outdoors?	How can you run a safety briefing for your group before an activity?	
Autumn 2	Knots & Ropes							
Unit	How do you tie a bowline and what are its outdoor uses?	What is a timber hitch, and how is it used in shelter building?	How can you combine knots to build rope structures?	Can you solve a knot challenge using only three types of knots?	How do you inspect knots and ropes for safety and reliability?	How can you teach others to tie knots and use rope safely?	How do knots help in emergency situations or rescues?	
Spring 1	Shelter Building							
Unit	What are the key features of a weatherproof and sturdy shelter?	How do you use both natural and man-made materials to build shelters?	How can you design a multi-room or themed shelter?	What strategies improve shelter insulation and stability?	How do you assess and improve your shelter based on testing and feedback?	How can you lead a team to build a shelter effectively?		
Spring 2	Fire Skills							
Unit	How do different fire lays affect heat and burn time?	What safety checks are essential before, during, and after fire use?	How do you build and maintain a fire for cooking and warmth?	How can you safely manage embers and extinguish fires completely?	How can you teach fire safety to younger or less experienced learners?			
Summer 1	: Outdoor Cooking							

Unit	How can you plan and prepare a nutritious meal outdoors?	What food hygiene practices are essential for safe outdoor cooking?	How can you cook using different methods like foil packs, Dutch ovens, or skewers?	How do you manage cooking times and temperatures for different foods?	How can you organize a group meal, including food prep and clean-up?	How can you incorporate foraged foods safely into your cooking?		
Summer 2	Map Reading & Orienteering							
Unit	How do you use bearings and compass skills to navigate unfamiliar terrain?	How can you use grid references to pinpoint locations on a map?	How do you plan and lead an orienteering course for others?	What features are important when creating your own detailed map?	How can you use pacing and timing to estimate distances while navigating?	How do you adapt navigation plans if conditions or routes change?	How does teamwork improve success in navigation and map reading?	What have I learnt in Forest School this year?