



## PSHCE - LESSON PLAN:

### **Curriculum Area:**

PSHCE - Developing Confidence, facing challenges, building resilience

### **Activity:**

For learners to work together in small groups to plan activities and ways to stay positive for the journey across the Atlantic.

### **Learning Objectives:**

Learners will:

- Understand that the RN has talented and highly qualified sailors and marines employed in a wide range of roles at sea and ashore.
- Work effectively as a group to solve problems and evaluate challenges.
- Setting personal goals and identifying positive elements to focus on.
- Understand the challenges of being away from home for a sustained period of time.

### **Previous Skills:**

Learners will need to be able to work effectively in small groups, sharing ideas and tasks within the activity.

### **Resources:**

- **Oardacious Journey Planning PowerPoint**
- **Important Possessions Worksheet**

### **Introduction/Background:**

The Royal Navy has a proud tradition of carrying out operations all over the Globe in support of the UK's interests as well as helping to maintain the safety of international trade route, safety of shipping and humanitarian efforts. In order to achieve this Royal Navy personnel are often required to deploy to far flung destinations for up to 9 months at a time whether on a Surface Ship, a Submarine or on a foreign base. These hefty expectations can put pressure on personnel and their families due to the long periods of separation.

No one in the Royal Navy experiences this more acutely than Submariners; who not only are away on operations for long periods of time but also have limited access to contact with the outside world (like emails, social media and phone signal) due to the need to travel submerged beneath the waves,

The HMS Oardacious's mission as part of the Atlantic Challenge is to raise money and awareness for a charity which aims to improve the Wellbeing, Mental Health and Welfare of all Submariners and their families.

### **The Atlantic Challenge:**

The World's toughest row, and the premier event in Ocean Rowing - a challenge that takes competitors more than 3000 miles west from San Sebastian in La Gomera, Canary Islands, to Nelsons Dockyard in Antigua.



# PSHCE



The Annual Race begins in early December with up to 30 teams participating from across the globe. The Atlantic Challenge brings together teams from all walks of life united by the same objective: to take on the unique challenge of crossing an ocean in a rowing boat.

The atmosphere is electric as people help each other prepare for the challenge of the mighty Atlantic Ocean. Teams battle with sleep deprivation, salt sores, and physical extremes inflicted by the race. Rowers are left with their own thoughts, an expanse of the ocean and the job of getting the boat safely to the other side.

## **Challenge:**

The Atlantic Challenge can take anywhere between 4-6 weeks with a crew of 4 personnel taking it in turns to rest/sleep for 2 hours at a time whilst the other team members carry on the journey across the ocean.

This is a long period of time for the team to be away with little to focus but their voyage. Your challenge is to imagine that you are one of the crew and you have this huge journey ahead of you. Consider what the most important mental skills you will need to keep going throughout. In small groups you are to create a mind map outlining the challenges you will face both mentally and physically.

Due to the severe lack of space onboard the vessel, each team member is only allowed to take 3 personal items for the trip. Taking into account the challenges that your team have identified, each member of your team is to choose 3 items which they believe will help them get through this demanding onboard HMS Oardacious. In choosing the items you are to write a brief explanation as to why you believe each personal effect will help during the voyage. Obviously the items must be small enough to fit inside a small rucksack (No 50" TV screens with inbuilt PS5s etc.!).

Also, learners can record what they find helps to motivate them in challenging situations and how the crew might be able to achieve this on their voyage.

## **Conclusion:**

- What were the biggest challenges?
- How can they overcome these?

Learners can share their suggestions for personal items to take on the voyage and explain why they feel their choices would help motivate the crew (Literacy - public speaking)

## **Extension Activities:**

- Create a display/word cloud in class of motivational words or mantras which help those in challenging situations to keep going.
- Draft some encouraging messages which can be sent to the crew through their website or social media.