

Explorers Scouting at Home Resource Pack

Part 1 March 2020

NAME

UNIT NAME

Introduction

This pack has been designed to aid Explorers in the completion of Badgework at home whilst regular meetings are unable to be held.

There will be new skills and badges realised every two weeks throughout this period of restriction to face to face meetings.

The pack includes the following badges / skills:

- Digital Citizen Staged Badge
- Make a fishy meal for your family (preparing and filleting fish)

When you have finished all or some of the badge please hand this pack back to your leaders who can review it to make sure you have gained your badges for all your hard work.

By completing badges / skills at home the county is going to present all young people who partake with an additional one-off badge that can be worn on your uniform.

To Take Part You Need To Join The New County Explorers Google Classroom

Please go to classroom.google.com

Register with your personal email to set up an account.

Once in the classroom you will need to join the class. Class code is **cpjdyhq** this is case sensitive.

If you have any problems useful help here

<https://support.google.com/edu/classroom/answer/6020297?co=GENIE.Platform%3DDesktop&hl=en>

Digital Citizen Staged Activity Badge

Badge Aim

To show your knowledge of the digital age we live in and how you can use these skills in appropriate ways, to complete projects and raise awareness. Make sure you have joined Google Classroom as instructed above as you will need to upload some of your work here. You can also use the feed for help and support.



As you complete a task in each stage mark it in the box.

Stage	Task 1	Task 2	Task 3	Task 4
1				
2				
3				
4				

Stage 1

Task 1



Turn on and log in to your computer (if you have this pack you have done this)



Create an email, send your unit leader and me (accexplorers@northantsscouts.org.uk) an email to let us know you are well and having a go at this badge (ensure you include an email subject.)



Name the main parts of a computer (include this in your email)



Connect a printer to your computer (print a copy of your email and hand in with this booklet)

Task 2

Create a piece of digital media. It can be artwork, photograph, music or animation. Use this digital media in task 4.

Task 3

Use the internet for research:



Decide on an area of interest (could be local issue, topic at school, hobbies)



Find three websites with content that matches your area of interest



Collect relevant information by printing or saving the content (you will need it for task 4)

Task 4

Using your internet research and digital media, design a presentation and tell others about what you have found out.

This should be an electronic presentation i.e. PowerPoint or Google slides. Please upload this into the classroom as Stage 1 Task 4. (you could build this completely in the classroom setting online).

Stage 2

You need to complete every task to achieve stage 2. You need to show that you have thought about potential risks and how to stay safe for each activity. This can be done by simply adding a small statement to example what you have thought about or actioned to remain safe while online.

Task 1

Plan and then create a piece of digital media.

This can be music, animation, video, CAD (Computer Aided Design) or a 3D sculpture. (maybe a video of something you are doing at home while isolating).

Task 2

Show that you can:



Send or reply to someone with a short email and include an attachment. (why not send an email to me and your unit Leader with the media file from task 1?) accexplorers@northantsscouts.org.uk



Download photos or other media from a camera or smart card (Smart Phone)
This could be a photo of you trying your skill from the skills section?



Share it with the class in google classroom stream.



Add a piece of digital media to your task 4 document from stage 1. (photo or video)

Task 3

In Google Classroom create an information sheet showing how information can be viewed and used by others once it has been posted or uploaded you should also include how hard it is to remove this.

Stage 3

Task 1

With a Parent or guardian present show that you know how to:



Use anti-virus software



Set up or adjust settings for accessibility and security

Task 2

Use the internet for research:



Decide on a specific area of interest



Use at least two different search engines, using operators like AND, NOT and OR in the search box



Collect information by using bookmarks



Select specific, reliable information relevant to your area of research



Create a structured display of the information you have gathered; this should be done in google classroom as either a slides presentation or word document (as a poster)

Task 3

Plan, make, edit and share a piece of digital media based on your research.

Share this with other people, share it on the google classroom stream and as an email to your unit leader.

Task 4

Create a multi-page website or social network group with your information.

Present all your information in a variety of ways. For example, you could use infographics, images or graphs.



Share your website with a wider audience (include your unit leaders and accexplorers@northantsscouts.org.uk)



Explain your sources of information and why you selected the details you chose.



Get some feedback on what you have done and make changes to improve your website based on that feedback.

Stage 4

Complete every task to achieve Stage 4, showing that you have thought about the potential risks and how to stay safe for each activity. Make sure you include a comment to show your understanding with each task you complete in this section.

Task 1

Create a portfolio of digital media.

It might include artwork or a photograph that you alter using creative tools, music, animation, CAD or 3D sculpture. (this should be done within the google classroom)

Task 2

Create a film, video, stop-motion animation or podcast and share it using a suitable media tool. Share in Google classroom and on your units Facebook page or alternative. (discuss with your unit leaders)

Task 3

Create a social network profile for your section, a band, local interest group or something similar.

Discuss this with your unit leaders / section leaders if a young leader, see if there's a new social medium that you can help them with by setting up so that your unit or section has a greater social media presence.

Task 4

Use the internet for research: (can be done in Google classroom)



Choose a local, national, community or scouting issue or something from the news or current affairs.



Collect information from different sources, such as spreadsheets, databases, online news services and open access data sources.



Put your information in a structured way, for example grouping similar information. Make sure you know where each piece of information comes from. (this could be in a spreadsheet or data base format.



Select information you think is most appropriate and reliable.

New Skill to Try.

Make a fishy meal for the family. (preparing fish for eating)

Classic fish pie

(you can adapt the recipe to suite but must include fish you have prepared.)

Ingredients

1kg potatoes, peeled and halved
400ml milk
25g butter
25g plain flour
4 spring onions, finely sliced (leeks are a good alternative)
400g fish Needs to be all roughly the same size. (this can be a mix of different fish) one must be fresh that you have prepared.
1 tsp mustard
Handful chopped chives (can be done without)
Handful of sweetcorn (frozen or tined)
Handful of peas (frozen or tined)
Handful of grated cheese

Method



Pre heat oven to 200C/ fan 180C / gas mark 6



Place potatoes in a saucepan cover with water and bring to the boil simmer until tender and ready to mash.



Drain the water and add a splash of milk, knob of butter and season with salt and black pepper, mash until smooth. (leave to one side)



In a new saucepan add the butter, plain flour heat gently stirring continuously, cook this out for 1-2 mins. (it will form a dough like consistency)



Gradually add the milk beating well as you add the milk (this will stop lumps forming) once all the milk is added you should have a white sauce.



Take off the heat add the fish, mustard, chives, onions/leeks, sweetcorn, peas and chives and mix well.



Spoon the mix into an oven proof dish, top with the mashed potatoes and sprinkle the grated cheese on top.



Cook in the centre of your preheated oven for 20 – 25mins, until golden on top.



Then enjoy your meal. (don't forget to take a picture to show what you have done)
This can be shared on the stream in Google Classroom.

Preparing fish tutorial below.

Preparing fish for cooking

Filleting fresh fish. There is a work sheet or step by step video below.

Remember the fish will need to be cut into pieces once filleted.

HOW TO FILLET A FISH



A fishmonger will scale the fish. Place knife behind pectoral fin, making a diagonal downward cut through the bone. Repeat on the other side & discard the head.



Remove the tail - Place knife where the tail fin joins the body, make a straight cut down through the flesh & bone. Discard the tail.



Cut the fillet - start at the head, run a fillet knife along the backbone in a smooth motion. Cut around the rib cage to separate the fillet.
What is special about a fillet knife?



Trim - Cut away the thin belly portion of the fillet. Although it is fine to eat it generally cooks quicker than the rest of the fillet is higher in fat.
What else could the belly be used for?



FOOD SAFETY

What aspects of food safety should we consider when handling fish?
How can we check for readiness when cooking?

WHY FILLET YOUR OWN FISH?

Better Quality/Freshness/Lower Cost

CHECKING FOR FRESHNESS

Firm flesh - should spring back when pressed
Eyes - Should be shiny & clear
Smell - Like the ocean not fishy



Repeat the process. You will find the bones running along the middle of the fillet. Remove these with tweezers.



Remove the skin - Skin side down place knife at the tail end between skin and flesh. Run knife slowly along fillet with blade angled slightly downward, firmly gripping skin as you cut.

