

# Outdoor Adventurous Activities (OAA)

## #BreakdownChallenge



**WARRINGTON**  
**SCHOOL GAMES**

### Achieve the challenge

The aim of the game is to identify how long different items of waste or rubbish take to decompose (breakdown).

### Learning about Leave No Trace

- Litter can not only ruin the appearance of an area, it can also affect wildlife and the environment – the whole ecosystems.
- It is also important to remember that even food left behind can affect wildlife; this can cause them to rely on human food. This is not natural and for many animals, human food does not contain many of the nutrients they need.
- If you haven't already, search for a YouTube video on the Countryside Code by clicking [here](#)

### Equipment

**Make sure you ask permission!!**

#### Essential

- Space big enough for the game
- Household rubbish objects
- A4 paper/pieces of card
- Pen or pencil

#### Optional

- Access to the internet
- Another person

### How to play: Part 1 – “Tick and collect”

[\[click here for the link to video – but read each part first\]](#)

1. Create a tick-list of the objects in diagram 1.
2. Next time you go for a walk in a park or your local area, take your tick list and see how many you come across.
3. You and your family might use a lot of the objects in the diagram. Over a few days, ask an adult to see if you can collect as many of the items of rubbish as possible to use in the game. *Tip: you may need to clean them or ask an adult to clean them first, and store them safely.*

*Note: Only collect objects with an adults permission and do not collect objects from outside of your house/garden.*

Diagram 1:

Crisp packet	Paper bag
Plastic bag	Disposable nappy
Glass bottle/jar	Plastic bottle/can holder
Banana peel	Aluminium can
Apple core	Plastic bottle
Woollen sock	Cigarette butt

### Part 2 – Setting the game up

1. Get all the items of rubbish you have collected.
2. Are there any you do not have? Draw a picture of them on a piece of paper or card of any you do not have. Remember to label them.
3. Create 12 labels , one for each of the timescales shown in diagram 2.

### How to play: Year 3 and 4

1. Set out the timescale labels in a line, in increasing order, starting with the smallest amount of time (1 month).
2. Each item of rubbish takes a certain amount of time to breakdown or decompose. Match the items of rubbish to the correct timescale.
3. If you are playing with an adult, ask them for clues if you need them.
4. Check the answers on the last page and make any corrections.

*Q: Did you get them all right first time?*

*Q: Are there any surprises?*

*Can you include any exercises in the game?*

Diagram 2:

1 to 5 years	1 month
400 – 500 years	100 years
10 to 20 years	100 years
2 to 5 years	1,000,000 years
2 months	Up to 2 years
450 years	Forever

### How to play: Year 5 and 6

1. Arrange the items of rubbish objects in a line/circle, or simply spread them out.
2. Each item of rubbish takes a certain amount of time to breakdown or decompose. Match the items of rubbish to the correct timescale.
3. Now re-arrange them in timescale order, starting with the smallest.
4. Check the answers on the last page and make any corrections.

*Q: Did you get them all right first time?*

*Q: Are there any surprises?*

*Can you include any exercises in the game?*

### Spirit of The Games



#### Respect:

Respect wildlife and the environment - leave no trace of your visit

**Part 2**  
**Answers:**

Item of rubbish	Timescale
Paper bag	1 month
Crisp packet	100 years
Plastic bottle/can holder	100 years
Plastic bottle	1,000,000 years
Banana peel	Up to 2 years
Glass bottle/jar	Forever
Woolen sock	1 to 5 years
Aluminium can	400 – 500 years
Plastic bag	10 to 20 years
Cigarette butt	2 to 5 years
Apple core	2 months
Disposable nappy	450 years

**Part 3 - Reflections:**

- Why do people litter?
- Who is responsible for keeping areas litter free?
- What can we do to ensure we Leave No Trace in the outdoors?



**Part 3 - Respect:**

**Who is responsible for keeping areas litter free?**

- People who own or manage areas of land? They might provide bins for people to use. They may put up signs that say not to litter.
- Anyone that uses an area has a responsibility not to litter.

**What can we do to ensure we Leave No Trace in the outdoors?**

- Be prepared to take your litter with you. Take a litter bag.

**Part 3 -**

**Why do people litter?**

People litter for several different reasons, such as;

- There might already be litter. When litter is already present in an area, people are more likely to drop their own litter.
- Lack of easy access to bins. There may not be a bin nearby, or it may be full or overflowing. People do not like holding on to their rubbish.
- Lack of ownership. If people don't feel that the park or street belongs to them they probably won't try as hard to keep it looking nice.