



PE

Orienteering

To work as part of a team to complete a range of challenges using collaboration and communication



I found the non-verbal communication easier as we all had to focus

Sometimes it does help if one person takes a lead role.

We need to work together in order to reach our goal



To demonstrate agility and endurance in a range of situations.

We realised we need good stamina to maintain our speed.



Endurance is needed so we can last the distance. I set a challenge course of agility with the hoops and hurdles and endurance by running at the same speed around my course.



Agility



Pacing and
Endurance Running

We need agility as orienteering usually means travelling over obstacles so we need to move quickly.



To take part in outdoor and adventurous activity challenges, both individually and within a team, in the context of compass skills.

We had to get our bearings correct so we knew which was north.



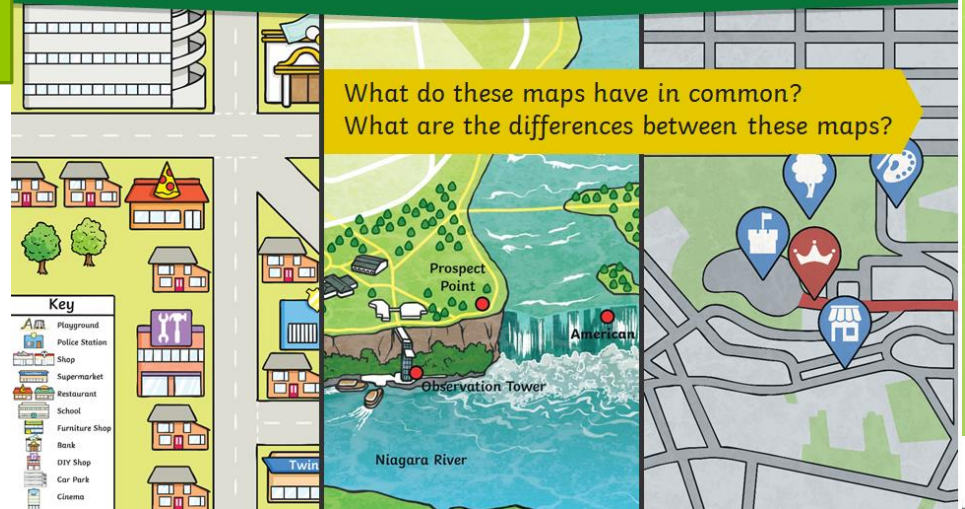
I could follow directional instructions, including clockwise and anti-clockwise, as well as 90° , 180° , 270° and 360° turns.

To read, follow and understand maps.

We need to use a key on a map to understand what the symbols mean.

Look at the different maps and discuss the different features on them.

What do these maps have in common?
What are the differences between these maps?



We placed some equipment in an order according to our maps.



We had a map and had to get our partner to follow it.



To take part in an orienteering exercise.

We had a google map of our school and marked where we hidden an object, our partner had to find out.



It was great to work outdoors as a pair.

We used maps and place the symbols on it from an envelope in a timed race.



To work collaboratively to plan, prepare and complete an orienteering course.

We made our own maps of the school grounds and an answer sheet with codes on them. We hid markers at 3 points and marked them on the map and another team had to find them and tell us which code was at which marker.



We noticed that inaccurate maps made to difficult to find the target.



We weren't as quick as we should be but our strategies meant we worked well as a team



We found teamwork worked in our team, we collaborated and communicated well

We had a plan, we realised that splitting up to find each target was efficient way to do it in the least amount of time.



What I have learnt before: What makes an effective team, create and apply tactics and communicate effectively.

Cultural capital

The real-life knowledge that links is: to work effectively as part of a team, following a set course using map/compass/instructions. Tactical thinking, teamwork, problem solving, compass and map reading. The jobs it can be used in are: outdoor activities instructor, trail guide, wildlife conservationist, environment agency worker.

Knowledge

To know that cooperation, communication and teamwork are all essential skills needed for outdoor adventurous activities.

The points of a compass are North, North-East, East, South-East, South, South-West, West and North-West.

OAA stands for **O**utdoor **A**dventurous **A**ctivities

Orienteering is a type of outdoor adventurous activity; it is an outdoor adventure sport involving running or walking, while navigating around a course using a map.



Skills

I can follow a plan and key correctly to help me navigate.

I can orientate a map, locate points on a map and travel to them, recording where I find them.

I can follow a set route accurately and as quickly as possible

Exciting Books



Our Endpoint

To take part in outdoor and adventurous activity challenges through orienteering

Subject Specific Vocabulary

Orienteate

Position the map the correct way

Orienteering

Follow a set route using a map

Key

Used to understand symbols on a map

Route

A way or course to get from one point to another

Strategy

A plan of action

Systematically

Working in a carefully planned way.