

Objectives covered within this unit:

- Develop methods of identifying their left from their right.
Understand importance of thinking before they move.
- Develop Understanding of use of essential Orienteering Equipment
- Develop Tactics
- Develop Orienteering competition skills
- Develop navigation skills
- Explore route planning
- Develop simple knot
- Learn how to use knot effectively.
- Able to problem solve in a team setting
- Developing Team work and communication skills
- Able to communicate using both verbal and non-verbal
- Development of trust in others

PE

OAA

Year 5 and 6

Summer 2



Health and Safety

Exercise in safe places.

Be mindful of others.

Keep your head up and look around.

Warm up and stretch properly.

Make sure liquids are kept away from the flooring.

Clear any spills up quickly and carefully.

Make sure the equipment used is set up properly.

Remove jewellery and wear suitable clothing.

Warm down properly to avoid injury.

Key Vocabulary

- **Orienteering** (positional language)
- **Map skills** (compass, symbols, contours)
- **Communication**
- **Confidence / Self-esteem**
- **Strength / Agility**
- **Balance / Coordination**
- **Personal barriers**
- **Perseverance**
- **Determination**
- **Risk-taking**



