

Objectives covered within this unit:

- Can create a simple map
- Can orientate a simple map
- Can Mark a location on a map accurately
- Can find a marked location on a map
- Understand some Orienteering terminology; Orientate, control
- Develop Basic Orienteering skills
- Reinforce understanding of simple Orienteering terminology
- Can work effectively as a team
- Can use communication skills
- Can Identify map symbols and describe what they mean
- Can create a map key/legend
- Can orientate a map to face the correct direction
- Develop Speed, Communication skills and Problem Solving skills
- Develop understanding of the use of specific Orienteering equipment
- Using communication skills
- Cooperation with your teammates
- Able to problem solve within a team



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**



PE

OAA

Year 3 and 4

Summer 2

