

LKS2
YEAR 3 & 4

Physical Education

OUTDOOR ADVENTURE



WHAT SHOULD I ALREADY KNOW?

I know how to...

Orienteer themselves with accuracy around a short trail.

Create a short trail for others with a physical challenge.

Associate the meaning of a key in the context of the environment.

Communicate clearly with other people in a team and with other teams.

Make an informed decision on the best equipment to use for an activity.

Plan and organise a trail that others can follow.

STICKY KNOWLEDGE

There are 120 orienteering clubs throughout Great Britain, joined together by Associations that make up British Orienteering.

Introduced in Sweden in 1918, orienteering had its first success in Scandinavia but later spread throughout Europe.

ORIENTEERING



The British Orienteering Federation Limited, generally known and branded as British Orienteering, is the national sports governing body for the sport of orienteering in the United Kingdom. The federation was founded in June 1967, and is a member of the IOF.

<https://www.britishorienteering.org.uk/>

VOCABULARY

Conditional Instructions	Conditional instructions involve two parts. First, the child must decide if the instruction relates to them and then, they must follow the instruction as directed. E.g. if you have a brother, do five star jumps..
Location	This term can be used to describe the space being worked in, or the specific placing of an object within the activity
OAA	OAA stands for Outdoor Adventurous Activities. It usually takes place outdoors and involves: physical activities, adventure and challenge, problem-solving activities, teamwork..
Checkpoint Card	A resource card which is taken around the course and ticked off once the children have arrived at each checkpoint.

WEAVING CONCEPTS

