

ACTIVITY
ORIENTEERING

Key Skills			National Curriculum		Q.C.A.	
Communications	Working with others	Problem Solving	Physical Education	Geography	Physical Education	Outdoor and Adventurous Activities
*	*	*	*	*	*	

Learning Objective: By the end of this session you will have experienced and be able to navigate yourself using a map around a designated course.

Description: An introduction into basic map reading skills through the practical activity of orienteering. Pupils navigate their way around the centre in small teams with the aid of a map. The activity requires good teamwork and develops leadership

KNOWLEDGE	SAFETY	SKILLS
<ul style="list-style-type: none"> • Recognising the perceived risk of the activity and how this is controlled by working with others. • To recognise how it is possible to get around the site using a map. • Keywords: Orientate, Key, Map 	<ul style="list-style-type: none"> • Recognise activity boundaries and safety areas. • Observing general safety rules for Orienteering and the general recall signal. 	<ul style="list-style-type: none"> • To understand that there is sometimes more than one solution but to aim for the fastest one. • To listen to instructions . • To work with others to accomplish the task and work to a deadline.