

# PE – Orienteering.

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-To take part in Outdoor Adventurous Activities [OAA].

- To participate in team games.



Lesson one was a focus on team work! We had to play lots of games that involved us communicating and listening to our team members!



Can you slow down a bit please, I'm finding it tricky to keep up

We had to work as a team to make sure that we didn't lose our tortoise shell!

We need to go slow and in a line so that it doesn't fall off.







I'm an amoeba, I'm coming to catch you!

When we get four people we have to split into two.



Today's aim was to listen and follow instructions. We had to follow one part, two part, three part and four part instructions.

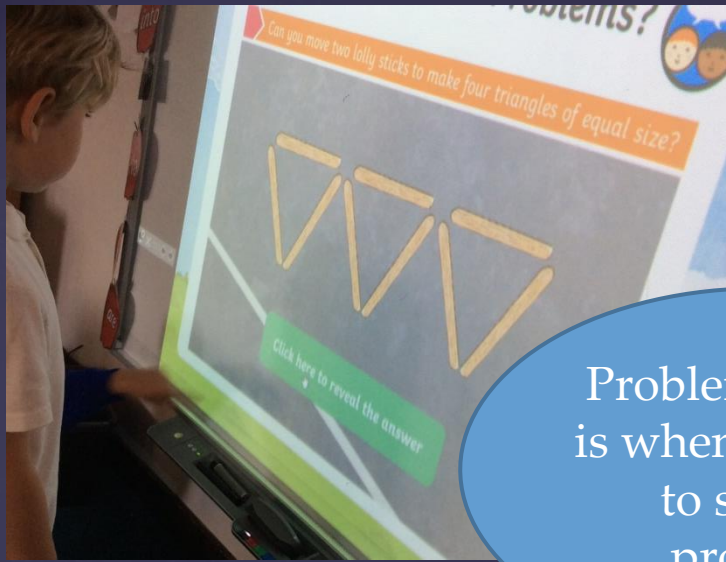
# Following instructions!





‘Touch your toes, spin around and then make a wide shape’






Problem solving  
is when you have  
to solve a  
problem



A problem is  
when you don't  
know how to do  
something

# Problem solving!





No, no do the  
one next to the  
other turned  
over one!

We had to work as a team to  
turn the numbers over in  
order – if it was the wrong  
number in the sequence  
then they all had to be  
turned over again!

We realised to get it done  
quicker, we needed to  
communicate and work as a  
team!



Get the one on  
the left, that's  
where number  
two is!







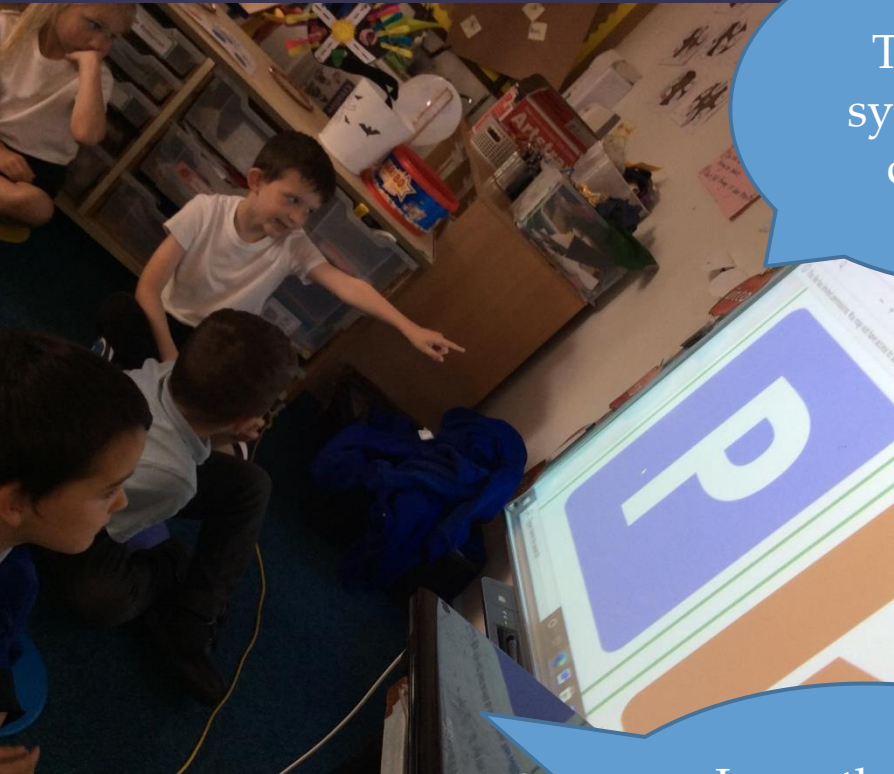
You need to  
go left two  
steps.

Giving and listening  
to instructions to  
navigate the swamp.



Okay, you need to  
step forwards  
three steps now.



A photograph showing three children in a classroom setting. They are gathered around a digital screen that displays a large blue square with a white letter 'P' inside, which is a standard symbol for a car park. One boy is pointing at the screen. The background shows shelves with various toys and educational materials.

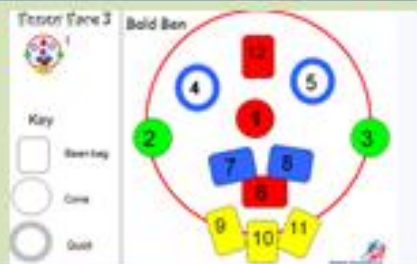
This is the  
symbol for a  
car park.

I'm going  
camping in the  
holidays and will  
look for that  
camp symbol.

I saw the train  
station symbol  
when I went to the  
train station.

# Map symbols.

1.	Parking/carpark
2.	Train station
3.	Camping
4.	Place of worship
5.	Cycle trail
6.	Golf course
7.	Lighthouse
8.	Nature reserve
9.	Information centre
10.	Picnic site/area



## Knowledge

Before we begin any sport or exercise, we need to warm up to prepare our bodies and to avoid hurting our muscles. FF

At the end of any exercise or sport, we need to cool down to help our bodies recover. FF

We must ensure that a map's orientation stays the same or we won't be following the correct directions. FF

To lift a PE mat safely, we need 4 children, 2 on each long side. FF

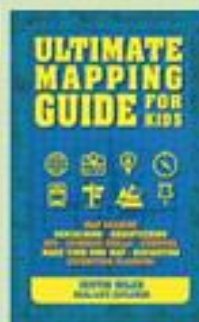
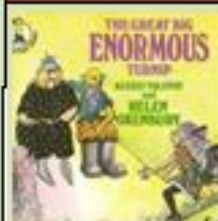
Orienteering is an exciting outdoor adventure sport that is similar to a cross-country race. FF

Always make sure that your pathway is clear when moving equipment. FF

Regular sport and exercise help us to stay healthy. FF

Team work is very important in orienteering because you need to make sure that everyone stays together and reaches the destination safely.

## Exciting Books



## Our Endpoint

To follow and understand a range of map symbols.

## Subject Specific Vocabulary

Map	A map is a drawing of an area from above. It shows where the roads and rivers are.
Communication	Sharing information in ways such as talking, pictures, and gestures.
Symbols	A picture that represents and stands for something.
Listening	If you listen, you give something your full attention.
Teamwork	A group of people who work together.
Instructions	These are words or pictures that tell you how to do something.
Navigate	Plan and direct a course using maps or other instruments.
Directions	A way that you go to get to a place.

### Skills

- To be able to follow a map to reach a destination.
- To recognise a range of symbols on a map and off a map.
- To communicate and listen to members of our team.

**SMSC** – Working together effectively in a team, -  
Showing respect for other team members and  
showing good sportsmanship.