



Activity	Key Skills			National Curriculum		Q.C.A	
	Communication	Working with others	Problem Solving	Physical Education	Geography	Physical Education	Outdoor and Adventurous activities
<b>Orienteering</b>	*	*	*	*	*	*	*

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

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

KNOWLEDGE	SAFETY	SKILLS
<ul style="list-style-type: none"> <li>To demonstrate an understanding of basic map reading.</li> <li>To understand how to use a compass and map together.</li> <li>To understand the importance of keys and orientation.</li> <li><b>Keywords:</b> orientate, legend, aerial plan..</li> </ul>	<ul style="list-style-type: none"> <li>Recognising activity boundaries and safety areas.</li> <li>To recognise the perceived risk of the activity and how this is controlled by safety rules.</li> </ul>	<ul style="list-style-type: none"> <li>To work as part of a team in planning and implementing tactics.</li> <li>To demonstrate good listening, navigational and communication skills.</li> <li>Timed challenge – in a competitive situation choose strategies that maximize team efficiency.</li> <li>To improve the quality and technique of the newly acquired skill.</li> </ul>