



LEARNING JOURNEY

OAA

F - A - C - T

This half term you will be looking at the different types of orienteering. This will draw upon similar skills within other sports such as co-operation, cardiovascular endurance, speed and communication.

Earlier on in the term you will be looking at map skills, such as how to orientate a map and noting down control symbols. Taught elements will also include how to correctly read a compass and what are the differences between true North and magnetic North.

The later end of the topic looks at the tactical elements of orienteering, particularly score orienteering which involves working together to making decisions effectively. Teams can decide whether to go to closer controls for less points or further away for more based on timings.

VOCABULARY

Cohesively, resilience, persistence, awareness, retrieval, condition

WE ARE HERE

Orienteering

Map Skills
Cohesion

Cross Country
Resilience

Star Relay
Persistence

What will you include in your warm-up today?

What is the why behind your lesson today?

Line Orienteering
Awareness

Grid Reference
Retrieval

Score Orienteering
Condition