



Physical Education

Orienteering Year 4

Unit Purpose

The unit of work will **develop** pupils' ability to **orientate** a map, locate points in a set order. Pupils will follow the route they have been given to reach as many points as possible in an allocated time. Pupils will develop their ability to **collaborate** with others and work as a team to complete the **challenges**.

Inspire Me

Orienteering originates from a military training method used in Sweden in the late 19th century. The term orienteering meant the crossing of unknown land with the aid of a map and a compass.



Key Success Criteria

- P** Pupils will apply their developing ability to orientate a map and locate points, returning to base as quickly as possible.
- C** Pupils will apply a strong understanding of what makes an effective team and understand how important teamwork is when orienteering.
- S** Pupils will develop life skills such as trust and communication as they collaborate with their team to successfully complete the orienteering challenges.
- W** Pupils will apply integrity and determination as they complete the orienteering challenges. Pupil's will develop their leadership attributes.

Vocabulary for Learning

Navigate: means to find a way through a planned course often by using a map.

Teamwork: Teamwork is the combined effort of a group to achieve a goal or complete a task in the most effective and efficient way.

Strategy: is a planned set of actions that are used by a team or individual to achieve a long-term goal. We plan a strategy and then use specific tactics to help us achieve our goal.

Tactics: Tactics are a carefully planned set of actions that are used by a team or an individual to attain a certain goal.



Sport Specific Vocabulary

Map: A map is a piece of paper that shows a representation of an area of land that uses symbols or signs to represent the various physical features i.e. trees and buildings.

Route: A route is a particular course taken when moving from point A to point B.

Out of Bounds: Is the area outside of the course that is prohibited for pupils to enter. The area that is 'out of bounds' should be clearly marked out and identifiable on a map.

