

# Physical Education

## Orienteering Year 3

### Unit Purpose

The unit of work will **explore** how to **orientate** a map, locate points on the map, then travel to them and record what they find.

Pupils will learn how to **collaborate** with others and work as a team to complete the **challenges**.

### Inspire Me

**Did you know...** that the first international governing body for orienteering was the International Orienteering Federation, formed by eleven nations in 1961. The first world championships were held in 1966.



### Key Success Criteria

- P** Pupils will develop their ability to orientate a map and locate points, returning to base as quickly as possible.
- C** Pupils will develop their understanding of what makes an effective team and understand how important teamwork is when orienteering.
- S** Pupils will develop life skills such as respect and communication as they collaborate with their team to successfully complete the orienteering challenges.
- W** Pupils will develop their ability to remain positive and try their best in every challenge. Pupils will begin to show 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 attaining a certain goal.

**Communication:** Is the method of transferring information from one person or a group to another. Types of communication include: verbal, nonverbal, written and visual.



### Sport Specific Vocabulary

**Orienteering:** is a sport that requires navigational skills using a map and/or a compass to navigate from various points.

**Symbol:** Symbols are small images marked on a map that have been designed to look like what it represents. Map symbols are conventional signs as can be understood by everyone.





# 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. Pupils 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.

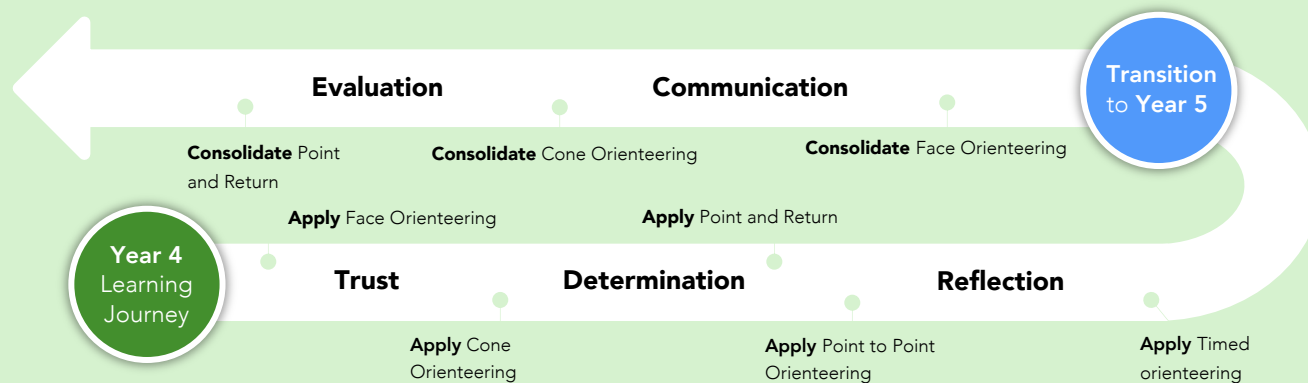


### Sport Specific Vocabulary

**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.





# Physical Education

## Orienteering Year 5

### Unit Purpose

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

### Inspire Me

**Did you know...** the first World Orienteering Championships were held in Finland in 1966. They were held biennially up to 2003 and have been held ever year since then. Athletes can take part in various events.



### Key Success Criteria

- P** Pupils will consolidate their developing ability to orientate a map and locate points, returning to base as quickly as possible.
- C** Pupils will consolidate their understanding of what makes an effective team and understand how important teamwork is when orienteering.
- S** Pupils will consolidate life skills such as encouragement as they collaborate with their team to successfully complete the orienteering challenges.
- W** Pupils will apply integrity and self motivation as they complete the challenges. Pupils will consolidate their leadership skills and take responsibility for others.

### Vocabulary for Learning

**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.

**Communication:** Is the method of transferring information from one person or a group to another. Types of communication include: verbal, nonverbal, written and visual.



### Sport Specific Vocabulary

**Control Point:** A control point is a marked waypoint used in orienteering. Control points are marked both on a map and on the ground.

**Scale:** The scale of a map is the ratio of a distance on the map to the corresponding distance on the ground. The scale of a map allows the reader to calculate the size, height and dimensions of the features shown on the map, as well as distances between different points.





# Physical Education

## Orienteering Year 6

### Unit Purpose

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

### Inspire Me

**Simone Niggli-Luder** is a Swiss orienter who has twice won all four women's competitions at the World Championships. Simone is widely seen as one of the greatest orienteers of all time.



### Key Success Criteria

- P** Pupils will refine their developing ability to orientate a map and locate points, returning to base as quickly as possible.
- C** Pupils will refine their understanding of what makes an effective team and understand how important teamwork is when orienteering.
- S** Pupils will refine life skills such as cooperation as they collaborate with their team to successfully complete the orienteering challenges.
- W** Pupils will apply integrity and self discipline as they complete the orienteering challenges. Pupils will refine their leadership skills and take responsibility for others.

### 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

**Leadership:** Leadership is the ability to guide members of your team towards achieving your goal.

**Responsibility:** is when you take ownership for the things that you are supposed to do and accept the results or consequences of your actions.

**Cooperation:** Cooperate is another word used to define teamwork, meaning to work together to achieve a goal or complete a task in the most effective way possible.

