

# Physical Education | Orienteering | Year 4

## Prior Learning and Learning Links

Year 1 mapping of the school

## Key Knowledge

Orienteering requires **physical fitness**, skill in **map reading** and **decisiveness**.

Orienteering teaches you to assess, understand and "read" the school site you are working in.

You must find all the points that are placed on the map and record them on your sheet.

A major tactic to use is your pace. As you are working with others, you must make sure you don't sprint off and work at a pace suitable for everyone..

## Key Skills

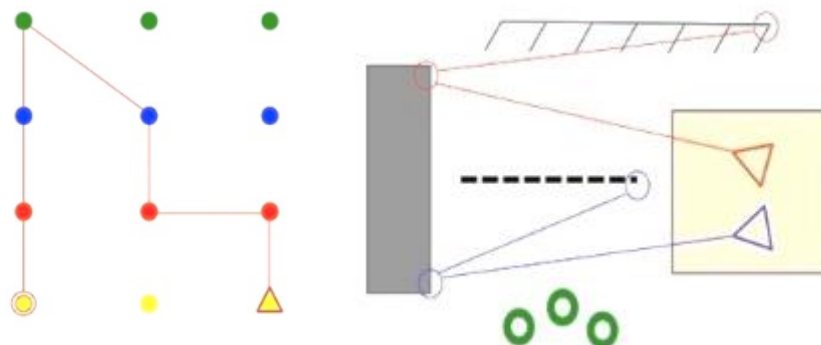
Locate points as a pair and return quickly.

Communicate and discuss every decision before moving and navigating to the next cone

Orienteer your map (move it around) so it is the correct way around to where you are facing.

Run at a steady pace for longer periods of time

Identify symbols on the map to help navigate.



Develop the idea of orientating a map by navigating through a cone course.

Orienteer a map and identify symbols to navigate through more challenging routes.

## Key Vocabulary

**Aerial photo:** a photo taken from above.

**Location:** the place where something is.

**Key:** explains the meaning of symbols.

**Orienteer:** to follow a specific route using a map.

**Orienteer:** making sure that your map is the correct way round and facing the direction you are travelling in.

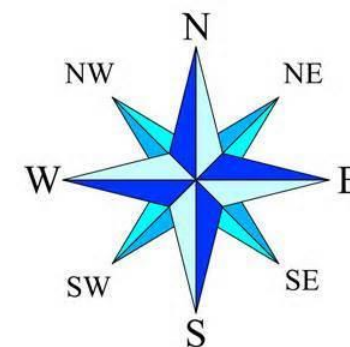
**Navigation:** accurately planning and following a route.







**Map-reading:** understanding and interpreting the information on a map.





**Cardiovascular fitness:** the body's ability to pump oxygen-rich blood to different muscles around the body allowing you to exercise for longer.

**Decisiveness:** the ability to make decisions quickly and effectively.

**tactics | collaborate | continuous | target | retrieve | observation | judgment | cooperation**



	Church
	Public telephone
	Car park
	Camp site
<b>Sch</b>	School
	Place of worship
	Woodland area

<b>P</b>	Post Office
	Train station
	Picnic site
	Nature reserve
<b>PC</b>	Public toilet
	Golf course
<b>Pol Sta</b>	Police Station