

Outdoor Adventure Activity Year 5 Orienteering Focus



National Curriculum subject content:	
✓	Use running jumping, throwing, and catching in isolation.
✓	Play competitive games and apply basic principles of attacking and defending.
✓	Compare their performance with previous ones and demonstrate improvement to achieve their personal best.
✓	Take part in outdoor and adventurous activity challenges both individually and within a team.
National Curriculum theme:	
✓	Outdoor Adventure Activity
✓	Orienteering
✓	Links with Geography/ Multi skills and communication skills.
✓	Teamwork

Key Vocabulary:	
Birds eye view	View from above
Communication	Send and receive messages
Compass point	The direction on a compass
Course	A route
Direction	The course in which something moves along
Evaluate	The standard
Implement	Carry out a plan
Location	Certain of a place
Orienteering	Competitive sport participants find their way
Position	A place something is
Route	A way or course taken
Strategy	A plan
Symbols	A mark or sign

Sequence of Learning:					
Objectives (key knowledge):					
To learn to use a compass.	To learn to use a map to locate objects.	To learn to use orienteering skills. To learn to use running in isolation.	To use knowledge of orienteering to solve problems. To learn to compare performance with previous personal best.	To learn to work as a team using orienteering skills to complete a course. To learn to take part in competitive activities.	To use knowledge of orienteering to create. To learn to evaluate own performance.
Key events timeline					
Compass games	Location of key features	Complete orienteering course.	Follow simple orienteering course	Complete an orienteering course in teams	Plan own orienteering course

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The children will also experience Outdoor Adventurous Activity as part of the annual residential/ field trips.

National Curriculum Cross Curricula links with Geographical skills and fieldwork

- ✓ Use maps.
- ✓ Use eight points of a compass, four and six - figure grid references, symbols, and key (including the use of Ordnance Survey maps) to build their knowledge of the United Kingdom and the wider world.
- ✓ Use fieldwork to observe, measure, record and present the human and physical features in the local area using a range of methods.

National Curriculum theme:

- ✓ Outdoor Adventure Activity
- ✓ Orienteering