



# 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.

