



Key Stage 2 – PE – Orienteering

Key Skills:

Physical:

- Running, travelling methods, balance, understanding of health and fitness.

Social:

- Communication, collaboration, teamwork, responsibility, trust

Emotional:

- Confidence

Thinking:

- Communication, collaboration, teamwork, problem solving, planning, organisation, map reading, decision making

Key skills to do:

- Take part in outdoor and adventurous activity challenges both individually and within a team.
- Compare their performances with previous ones.
- To know the eight points on a compass.
- To navigate as a team.
- To recognize, orientate and follow a school orienteering map.
- To communicate as a team.

Words to know and spell (Tier 2 Vocabulary)

North	South	East
West	Map	Key
Teamwork	Plan	Route



Words to understand and spell (Tier 3 Vocabulary)

Compass	An instrument to show the direction of magnetic north and their bearings from it.
Navigate	To travel using a map.
Symbol	A sign, shape or object representing a feature on a map.
Collaborate	To discuss and share ideas.
Orientate	To find your location in relation to a map.
Control	What you are looking for and what is referenced on a map.

Concept check questions. Test yourself:

What are the eight points on a compass?

How can you find your location on a map?

What is a good strategy for orientating your map?

How was I successful?

What is a good strategy for communicating with your team?