



# 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.

