



Westacre Middle School PE Knowledge Web: OAA

Orienteering Skill Acquisition



Orienteering skills

Fundamental Movement Skills

Orienteering is an exciting outdoor adventure sport similar to a cross-country race. The difference is that it involves walking or running while navigating around a course using a map, and sometimes a compass rather than following a set course. The aim is to navigate in the correct order between a set of points called controls, deciding on the best route to complete the course in the quickest time.



Planning - an orienteer will be given a map beforehand and will need to plan which order you want to visit the controls. Planning your route is arguably the most important thing you that you will do.

Pacing - a steady speed. Although an orienteer will want the fastest time, rushing ahead isn't always the best option. Good pacing will make more effective use of your time.

Directional awareness - understand the concept of directions. An orienteer needs to know where they are heading. A map and a compass are important, but being able to effectively read them both is crucial.

Teamwork and Leadership



Cooperation

OAA Qualities

Teamwork - the ability to work with other people in a cohesive way.

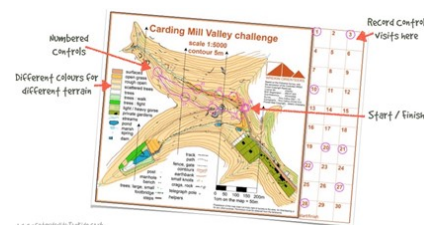
Verbal communication - use of sounds and words to express yourself.

Non-verbal communication - to communicate without using language, such as facial expressions and gestures through body language.

Leadership - the act of leading a group of people.

Tactical - thinking and planning strategically.

Problem solving - taking opportunities to create solutions.



Performance Analysis



Technical Vocabulary

OAA Games

Team Building Activities

Benches - stand in order - aim to get into a particular order without falling off the bench.

Electric fence - aim to get over/under the string without breaking contact.

Pass the hoop - aim to pass the hoop around the circle, stepping through without breaking the chain.

Gutter ball - aim to transport a small ball from A to B using guttering and without dropping the ball.

Capture the flag - aim to steal a flag from another team's territory and then return it to your own, without being tagged.

Trust and communication will also be developed through a range of blindfold games..



How successful were you at solving/completing the activity?



Self-reflection

Did you think about the problem, plan and work together?

How can you improve your performance?

Healthy Active Lifestyle



Inspirational people

<https://www.britishorienteering.org.uk/>

British orienteering consists of two squads, the GB Senior International squad and the GB Talent Squad. These are supported at a regional level by Junior Regional Squads.



The World Orienteering Championships (WOC) is an annual orienteering event and is the ultimate target for orienteering athletes. The first WOC was held in Fiskars, Finland in 1966



Exercise

Components of Fitness:

Agility - Being able to change direction across natural terrain.

Balance - Being able to stay balanced across a range of team building activities.

Speed - Being able to complete an activity in the quickest time.

Co-ordination - Being able to carry the body during competitive activities.

Reaction Time - Reacting to obstructions across natural terrain.

Aerobic Endurance - Being able to participate for a long period of time.

Muscular Endurance - Being able to continually perform physical skills for a long period of time.

Year 5

Red Point Rock Climbing Centre

Use verbal and non-verbal communication. Navigate using features on a map.

Year 6

Blackwell Adventure Centre

Develop communication and teamwork skills through a range of activities. Work together to overcome challenges.

Year 7

Snowdon

Continue to develop communication and teamwork skills through a range of activities. Navigate using 4/6 figure grid references.