

Physical Education

Topic overview

Orienteering



The unit of work will develop pupils' ability to orientate a map, locate points in a set order. Pupils will follow the route they have been given to reach as many points as possible in an allocated time. Pupils will develop their ability to collaborate with others and work as a team to complete the challenges.

Year group: 3/4

Term: Cycle A Spring 2

Prior knowledge

Children will be familiar with maps and have some experience in map reading. They can work in a team and motivate each other to achieve well in challenges.

National Curriculum Objectives

- take part in outdoor and adventurous activity challenges both individually and within a team

By the end of this unit, I will be able to:

Physical - Pupils will apply their developing ability to orientate a map and locate points, returning to base as quickly as possible.

Cognitive - Pupils will apply a strong understanding of what makes an effective team and understand how important teamwork is when orienteering.

Social - Pupils will develop life skills such as trust and communication as they collaborate with their team to successfully complete the orienteering challenges.

Wellbeing - Pupils will apply integrity and determination as they complete the orienteering challenges. Pupils will develop their leadership attributes.

Key vocabulary

- Navigate
- Route
- Orientate
- Team work
- Features

