

# PE - KS3 - OAA

A KEY TERMINOLOGY		
1	<b>British Orienteering</b>	The governing body of orienteering in England responsible for overseeing all aspects of the sport.
2	<b>OAA</b>	Outdoor Adventurous Activities. It usually takes place outdoors and involves: <ul style="list-style-type: none"> <li>• Physical activity;</li> <li>• Adventure and challenge;</li> <li>• Problem-solving activities;</li> <li>• Teamwork.</li> </ul>
3	<b>Orienteering</b>	Orienteering is an exciting and challenging outdoor sport that exercises mind and body. The aim is to navigate between control points marked on an orienteering map.
4	<b>Problem Solving</b>	Allows participants to develop their problem-solving skills whilst working in small teams, and acquiring new leadership skills.

B KEY SKILLS – ORIENTEERING		
1	<b>Orienteering</b>	Orienteering is an exciting outdoor adventure sport which is similar to a cross-country race. The difference is that it involves walking or running while navigating around a course, such as the woods, using a detailed map and sometimes a compass. The aim is to navigate in the correct order between a set of control points, deciding on the best route to complete the course in the quickest time.
2	<b>Control Point</b>	A control point is a marked position used in orienteering. They are located in the competition area and then marked on the orienteering map. The aim is for the orienteer to locate the controls by using the map to find them in the fastest possible time.
3	<b>Orientating A Map</b>	This is making sure that your map is the correct way round or orientated so that the features on the ground and on the map are in the same position to where you are looking. Each time you change direction, you should re-orientate your map so that the features match up with what is on the map. Map orientation can also be done using a compass by making sure that the north lines on the map point the same way as the north of the compass.
4	<b>Orienteering Map Symbols</b>	A set of map symbols used universally and specifically for orienteering. They are also colour specific.
5	<b>Check Point Card</b>	A resource card which is taken around the course and ticked off once the participants have arrived at each checkpoint.

C KEY SKILLS – PROBLEM SOLVING		
1	<b>Team Work</b>	Work as part of a team to solve a range of problems
2	<b>Communication Skills</b>	How to give and receive directions using appropriate directional language.
3	<b>Collaborative Working</b>	Both in pairs and as a group, is an important aspect within OAA.
4	<b>Conditional Instructions</b>	Conditional instructions involve two parts. First, the participant must decide if the instruction relates to them and then, they must follow the instruction as directed, e.g. if you have a brother, do five star jumps.

D LINKS TO THEORY		
1	<b>Cardiovascular Endurance</b>	The ability to continuously exercise the whole body without tiring. During an orienteering course, the participants would need cardiovascular endurance to maintain high levels of performance whilst running between points of the course.
2	<b>Speed</b>	The ability of the body or parts of the body to move quickly. During an orienteering course the participants would need to sprint to various points in order to finish the course in the fastest time.
3	<b>Coordination</b>	The ability of repeating a pattern or sequence of movements with fluency and accuracy, involving two or more body parts. During a problem solving activity the participants would need to coordinate their body parts to complete the task.

E MAP & SYMBOLS	
	Tree
	Bushes
	Pond
	Stream
	Footpath
	Sleep slope
	Wall
	Building
	Open land
	Forest: Run

