UKS2- Physical Education

OAA Knowledge Mat

Subject Specific Vocabulary

OAA	Stands for Outdoor Adventurous activities, which can be done individually or part of a team.
Navigate	To plan/move on, over or through a course using a map.
Route	A way to travel along a specified course from a starting position to a destination.
Map	A diagram of an area, which can include land, water and symbols etc
Symbols	A mark/picture/sign that represents or stands for something else
Compass	A device for showing direction, which helps you find your way
Orienteering	A sport that combines fitness and outdoor adventure with map reading and navigational skills individually and, in a team /group

Crucial Connections

https://www.bbc.co.uk/bitesize/topics/z27gf82/articles/zdvjjhv

https://www.youtube.com/watch?v=gIydDw_reEA

At the end of this topic I will be able to:

Take part in outdoor and adventurous activity challenges both individually and within a team.

Sticky Knowledge

I can follow a map into an unknown location.

I can attempt to use a compass to navigate a route.

I can change a route to overcome a problem.

I can use new information to change a route.

I can use known symbols to create a simple and safe route.

I can plan a route and a series of clues for someone else taking account of safety and danger

I can use a compass confidently.

I can evaluate the route I planned and make one simple adaptation.

I can listen to feedback from a person who has completed my route.

Indoor wall climbing



Outdoor rock climbing



Aspirations

Forest Ranger

Outdoor adventure leader

International orienteering athlete

Related Examples

GB orienteering athletes in action





An eight-point compass



Map with symbols, land, water

