



KS3 Outdoor and Adventure Activities Booklet

- Name:

- Date started:

- Year Group:

OAA

LO- To be able to develop in your knowledge and understanding of Orienteering and Adventure Activities

My current understanding and knowledge of OAA is....

Circle where we think we are... be honest!



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Head



1. Knowledge
2. Understanding
3. Analysis
4. Feedback
5. Responsibility
6. Rules

Heart



1. Communication
2. Leadership
3. Respect
4. Resilience
5. Effort
6. Confidence

Hands



1. Physical Ability
2. Fitness Levels
3. Competitive
4. Technique
5. Tactics
6. Problem Solving

Written by the PE community

This particular subject is so essential to the head and hands elements of practice... if, for example, you are a really strong runner, that's awesome! However, consider your application, how do you show;

- **Confidence**

- **Responsibility**

- **Respect**

- **Communication???**

Starter Activity!

In 4s, discuss your current experience of OAA, what is your understanding and how confident you feel?

Do I understand what is meant by Outdoor and Adventure activities?

You have 5 minutes too

Ask yourself....

Do I know how to pace myself when running?

How can I demonstrate an understanding of the Head, Hands, Heart assessment criteria?

What activities am I most looking forward too?

What attributes can I be showing to demonstrate good teamwork or leadership skills?

If you're not confident, how do I intend to gain confidence in Orienteering- think Heads, Hands, Heart (HHH)

Do I know how to read a map? What can I be doing to propel myself!

Cross Country!

- What are some of the important things to consider when running a long distance race?

Breathing- We have to think about our rate and rhythm of breathing so that we don't become too tired, too early



My Profile!

Age-

- How many cross country races have I taken part in-
 - How confident am I with cross country racing-
 - How much do I hope to improve my running during this term?
 - How I am going to achieve this?
-
- How often do I run?
 - Do I participate in any other sports?- list which sports

Cross Country

- What is meant by the term pacing?
- Do you feel that you understand how to adequately pace yourself in a long distance race?
- Do we consider the length of a race before we attempt it?- why/why not? Think about your athletics!
- What would happen to our bodies or our fitness if we kept doing long distance runs?
- What do you consider to be a long distance race?- write your own opinion and again, think about athletics and how long a 100 metre race is





Teamwork!!

“

Talent wins games, but
teamwork and
intelligence win
championships.”

Michael Jordan

What does being part of a team look like??

Think about occasions where you have worked as part of a team.....

What sort of words or sentences would you use as part of a strong team... think about encouragement.. *Use the whole page to list ideas*



A team is only as fast as its _____ member!

Task!!

Pair up

Memory game!- This game is a test of your memory, but it will also show how effectively you work in a team/pair.

As a pair, you will compete against another pair in a test of memory- we have provided the subject topics- you must say one item of that topic at a time, rotating round your new foursome until you are unable to answer-

Once you are unable to answer, you are out but your partner remains- what could you be doing when you are out of the game but your partner is not?

For example... the topic is fruits

Jack- Apple

John- Orange

Dan- Banana

Simon- Pear

and so on!

The topics areas.....

- Colours followed by
- Countries followed by
- Names of people in your class
- *And then repeat....*

Explain in detail, what is meant by these three terms.....

Indicate where you believe your current level of communication is in a sporting context.... Simply circle the level you feel you're at



Now indicate how able you believe you can become this term...

Some quickfire questions!..

Why is communication so important in a sporting context?

Why is it so important to reflect on our own or someone else's performance, once we have performed? What is the purpose?

Why is it important to have a leader within a team? What kind of roles and responsibilities do they have?

And also.....

Do you believe yourself a strong leader? If so, why? If not, what could you be doing more of to demonstrate strong leadership traits?

What do YOU think makes a strong leader?- Think about characteristics- are they loud, quiet etc

List as many examples of leaders that you can think of in any given context- it could be a football or rugby captain... or a different kind of leader



This task requires a bit of a thought process and for that, you have been given a blank page on the back page- use it too plan what you would do and how you would do it, be really, REALLY detailed

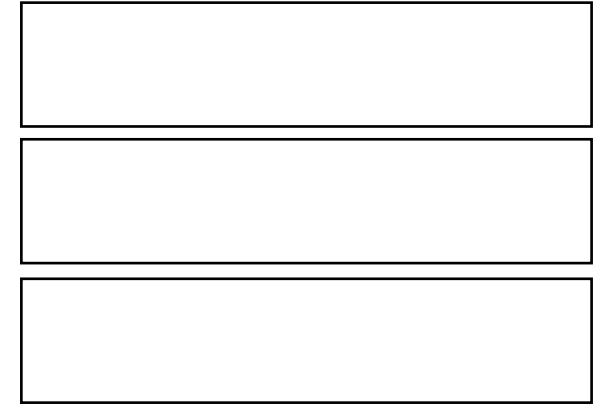


You are required to explain how you would warm up! Explain a warm up game or how you would warm up before your activity. How would YOU do it (think about your PE lessons or maybe a sports club you represent and the different warm ups you have done)

Quick fire questions!!

How confident do we feel in our ability to communicate in a sporting context?
Out of 10- 10 being extremely high, 1 being extremely low

1 2 3 4 5 6 7 8 9 10



Activity- **Clue me in**

In pairs, you are required to discover what profession or job your partner is referring to!

Both people will think of a job, they must then come up with 5 key words and write them down a spare piece of paper which has been provided. You must then cut these pieces of paper out and place them face down in front of you. Then...

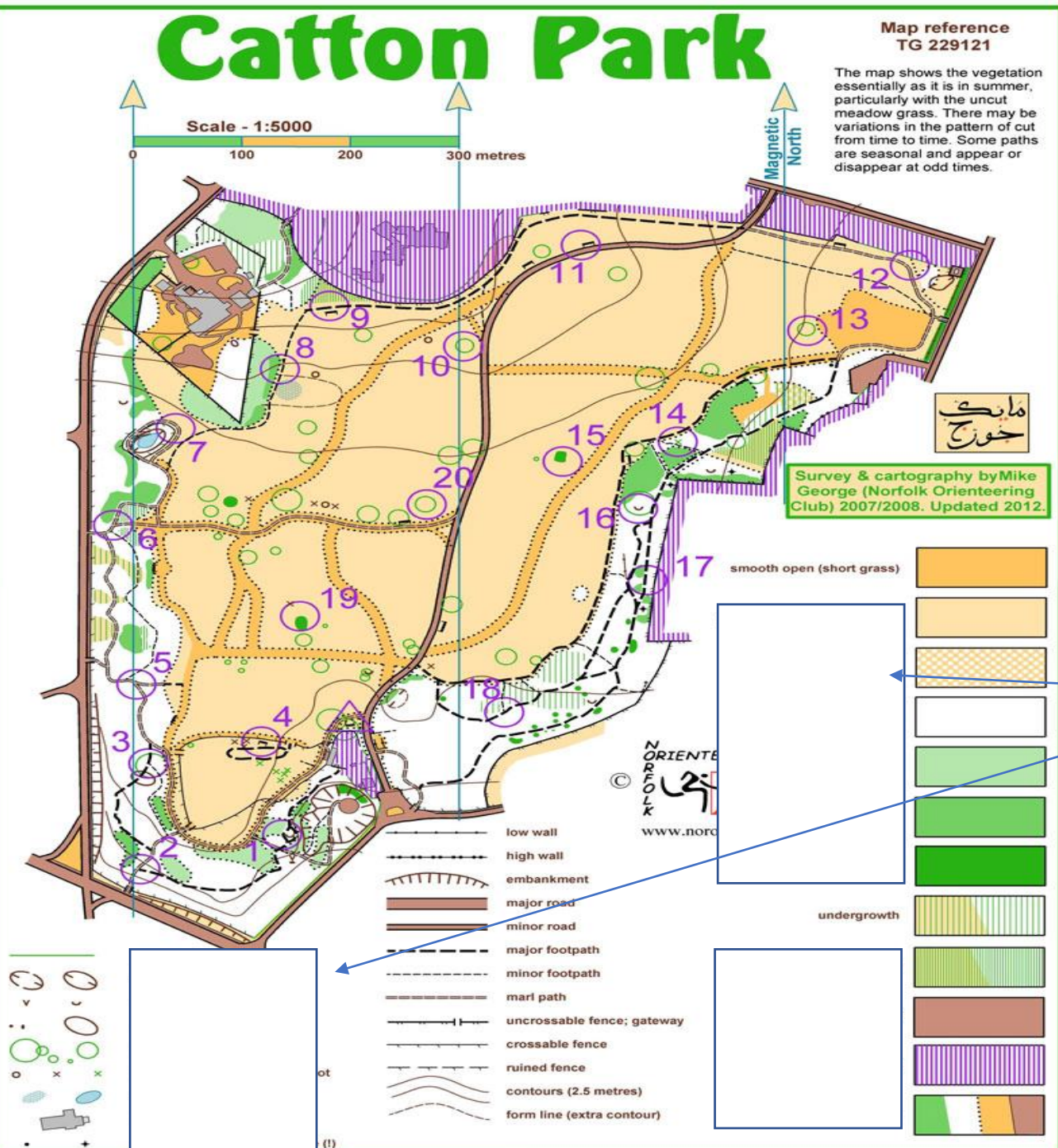
Person 1- must turn over each picture and wager a guess at what occupation or job person 2 is referring to.

Person 2- simply informs person 1 if and when they are correct- your answer must be written down in the rectangles above

Person 1- will turn over all the pieces of paper or guess correctly before person 2 wagers their guess or turns over any pieces of paper- if person 1 guesses correctly after 1 piece of paper, they score 5 points, 2 pieces of paper is 4 points, 3 pieces is 3 points, 4 is 2 points and 5 is 1 point. You will repeat the task three times as per the boxes provided above

Hint take your time with your guesses, give yourself a chance to think*

Map Reading!



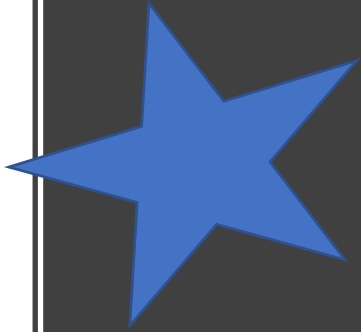
This activity tests your ability to read maps- We are not expecting you to get absolutely correct answers, instead, we want to see how many orienteering applications you can think of! Some examples have been provided over what sort of things we find on a map- think about the countryside and all the different sorts of things we find there and then fill in the map how you see fit

Simply try to label as many things as possible that you might find on a hike or while doing cross country

Name: _____

Date: _____

Well done you!!



Now just for fun>>>>>>>>



Orienteering

D W H Z M U S V B Y G U O V A N O I T A C O L B
 Z Y T N N T R D G M N A T L A A Q K F H C S N S
 Y Y U L O B M Y S N I V Q U J V G B A K L G D K
 B C U T U O T T G O C Z P G I I C K P V V X A I
 C L C S V R B U E I A V Q Q X G V Z Q B F Y M J
 A A I H C H Y Q T T F J R V S A Z C A P Z U X R
 Y N S W M A Z B V C N W Z V E T X I W D S E L F
 I D U H J B U L R E O X O X T E O C L Q Q I C R
 E M R V M Y M E B R I P P B G F E A T U R E A W
 K A R V A C A P T I T L T M W P V E V X K Y W M
 A R O I P R P A N D C K V Y C S T R I D E H W I
 W K U R T F S C Y T E F A S H B U X L W W V J P
 C S N Y O X E I J H R B Y O E M Q T I K E I U N
 P F D G G D T N B G I B T I C L J T Y B S T L Y
 N U I C R I T G D Y D P N L K Z Y R P S T V W U
 O O N U O S I Z T X U Y U B P A C C U R A C Y E
 U U G B U T N N O P Z P X U O W E B A C G S X X
 H Y F H N A G C K W Q I I D I S S A P M O C Y C
 F K G U D N Q J P I B G O F N O R D U Y W S Q N
 D R K Y Z C H E F K Q V T I T U N Y U I E D G J
 T L K K G E T W D N E G E L S T M O U Y J N G T
 L Y A F Z R R J M Q Z H A Q L H Y G D Z C O Y Z
 E B L G V C O A E I U B E A S T P X K H Q Y D L
 Q L K P I L N H W B I W N K M E V D N C Y X J S

- | | | | |
|---------------|------------------|-------------|-------------|
| checkpoints | stride | distance | pacing |
| symbol | feature | safety | map setting |
| accuracy | navigate | surrounding | landmarks |
| self | direction facing | location | legend |
| map to ground | west | east | south |
| north | set | direction | compass |