

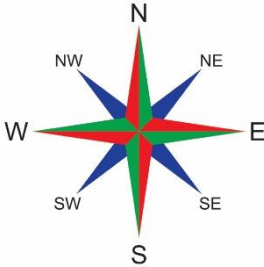
Year 6 – OAA - orienteeing	Knowledge	Vocabulary
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Know how to identify an objects location on a map.

Know how to use a map and its key to navigate to the correct point.

Know the eight points of a compass –

- N – North
- NE – North east
- SE – South east
- S – South
- SW – South west
- W – West
- NW- North west



Know how to identify features on the map to help them navigate their way around and make sure they have the map orientated correctly.

Know that planning a route can help navigate a route more quickly.

Know the correct running technique:

- Head up and still
- Pumping the arms
- Using the balls of feet

Jogging – faster than walking and should begin to breathe heavier but should be able to keep going.

Running/Sprinting – As fast as they can go (using the correct technique) should become out of breath more quickly.

Know the health and safety rules

- All letters or control points will be visible from a standing position. There will be no need to climb, move anything or go out of bounds to find anything.
- When we are in a public area, we must be aware of hazards such as strangers, water (ponds. Rivers) and must stick within the acceptable boundary line.

Key vocabulary:

- Control – location of objects, symbols, letters
- Attack point – locating a specific feature that will help you navigate to a point
- Feature – a part of the map used to help navigate (tree, bench, building)
- Bearing – turning the map so that it is facing the same direction as you
- Course – the route is being taken to find the control points
- Area – The area that the orienteeing will take place in, must be specified before beginning
- Out of bounds – anywhere outside of the designated area for the activity





