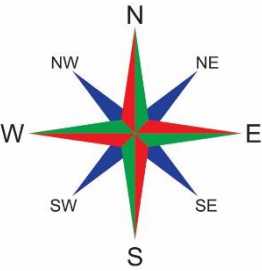


Year 5 – OAA - orienteering	Knowledge	Vocabulary
	<p>Know how to identify an objects location on a map.</p> <p>Know how to use a map and its key to navigate to the correct point.</p> <p>Know the eight points of a compass – N – North NE – North east SE – South east S – South SW – South west W – West NW- North west</p>  <p>Know how to identify features on the map to help them navigate their way around and make sure they have the map orientated correctly.</p> <p>Know that planning a route can help navigate a route more quickly.</p> <p>Know the correct running technique:</p> <ul style="list-style-type: none"> • Head up and still • Pumping the arms • Using the balls of feet <p>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.</p> <p>Know the health and safety rules</p> <ul style="list-style-type: none"> • 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. <p>Key vocabulary:</p> <ul style="list-style-type: none"> • 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 orienteering will take place in, must be specified before beginning 	<p><u>Session 2</u> Collaborating</p>

- *Out of bounds – anywhere outside of the designated area for the activity*

Year 5 – Orienteering – Spr 2

Vocabulary List

Collaborate – work together on an activity or project

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 orienteering will take place in, must be specified before beginning

Out of bounds – anywhere outside of the designated area for the activity



