



Pinner Wood School



Year Group	5	Term	Spring 2	Subject	Outdoor P.E.	Outdoor Topic & Learning Focus	Cross-Curricular Orienteering: Lessons 1 - 6
Prior Learning and other Curriculum Links	Links to: - Movement - Teamwork skills Compass ordinals - North/South/East/West Map Keys Symbols				Target Tracker statements (Skills)	<ul style="list-style-type: none"> - Transfer information on a diagram into reality, using unfamiliar symbols, following a set order - Understand & carry out the physical skills needed for orienteering: agility, balance, co-ordination whilst holding or looking at the map - Identify basic orienteering symbols and colours using the legend [map key] - Follow & give verbal & written commands to move north, south, east, west and north-east, south-east, south-west and north-west - Understand that the directions north, south, east, west and north-east, south-east, south-west and north-west do not change, regardless of which way a person is facing - Using basic diagrams/maps [e.g. count the cones], orientate and set the map, maintaining this whilst travelling a route involving more than 4 points - Using more complex diagrams/maps [e.g. netball court maps], orientate and set the map, maintaining this whilst travelling a route involving more than 4 points 	

Fundamentals For Orienteering	<p>These first 6 lessons will teach the basics of orienteering and following maps, symbols and direction. Children will develop their ability to work together in pairs, orientate a map depending on where they move, and find positions on a map returning to a starting point. It will also highlight the importance of fitness and exercise.</p>		
Our Curriculum Journey	<p>Orienteering Journey: In these first 6 lessons, the children will start off by learning how to read instructions with strange and different symbols. They will be creating silly faces, working together to read the key to make sure they use the right equipment, but also complete it in the correct order. The children will then learn about the different symbols on a map, and link these in a puzzle game. Then, the children will do cone counting as a way to learn how to follow a map whilst keeping the map centred, creating the understanding that no matter where they move to, the map itself does not change direction. They will then move on to recognising and understanding the orienteering map of the school and follow this up by completing their first attempt at the red fitness course</p>		
Key Vocabulary (revisited)	<ul style="list-style-type: none"> Teamwork Symbols Key North/South/East/West Agility Balance Coordination 	Key Vocabulary (new)	<ul style="list-style-type: none"> Direction Orienteering Thumbing Setting Map Legend