

Outdoor and Adventure

Unit Focus

Work with others to solve problems. Describe their work and work together to solve problems. Lead others and be led. Differentiate when a task is competitive and when a task is collaborative.

Equipment

- compass
- stopwatches
- cones
- balls hoops
- mats
- checkpoint cards



Key Vocabulary

Communication	Exchanging information with another person or team
Compass Points	Directions: North, South, East, West, North East, North West, South East, South West
Decision	The action: What you are going to do
Map	A representation of an area of land showing features such as buildings, paths, outdoor space etc
Orienteering	A competitive sport where participants travel with the aid of a map and/or compass
Problem	A situation in which a current state is separated from an ideal state by obstacles
Solution	A means of solving a problem or dealing with a difficult situation
Solver	Is someone who actively attempts to overcome a problem or challenge put in front of them
Strategy	A plan of action designed to achieve a specific goal or set of goals
Teamwork	the combined action of a group, especially when effective and efficient.

Key Knowledge

Teamwork/ Co-operation

Without this it makes it very difficult to succeed. Listening to each other for ideas and supporting both verbally and physically will help when trying to achieve the common goal or solve the problem faced. Within a team the individuals will need to undertake certain roles. By doing this it helps prevent arguments and provides a structure.

Roles can include: leader, planner, observer, analyst, performer etc.



Orienteering

Orienteering can be done in many ways. It involves reading a map of an area (school) in order to find stampers with a specific pattern to correspond to a letter, number, image or symbol. Map reading is a key part of orienteering so being able to orienteer a map so that you always know which direction you are facing and that the map is the same way can completely change the outcomes.



Communication

One of the most important aspects of OAA. It doesn't matter what activity you are doing, if there is more than one person you need to communicate to each other. Communication can be done verbally (most common), silently through signs and signals, writing etc. All forms of communication needs to be very clear so that others can understand it, especially if someone is blind, deaf (permanent or temporary) or struggles with certain types of communication.

