

### About this Unit

OAA stands for Outdoor Adventurous Activities. These activities can be land based e.g. rock climbing, abseiling, orienteering, they can be water based e.g. kayaking, surfing, sailing or air based e.g. parachuting or paragliding. All of these activities require problem solving, collaboration, decision making and teamwork skills. In this unit, you will learn these skills then put them into practise in orienteering activities.

To be able to successfully take part in orienteering activities, you will need to have good navigation skills. Being able to read a map and use a compass are important navigation skills which will help you to go on amazing adventures.

When you know how to navigate, you're less likely to get lost, it will give you freedom to visit new places and learn about the world.

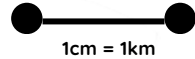
#### Compass:

A compass is a small device with a needle that always points to magnetic north and helps you to figure out the direction wherever you are!

Compasses work because the Earth has a magnetic field, like a big invisible magnet that pulls one end of the compass needle toward the north. This means the other end of the needle points south!

The four main directions are north, south, east, and west. There are also directions in between the main ones. For example, northeast is between north and east, and southwest is between south and west.

To use a compass, hold it flat in your hand or on a surface. Make sure the needle can move freely. Then, slowly turn yourself until the needle lines up with the "N" for north on the compass. Once you've found north, you'll know all the other directions as well!



1cm = 1km

### Key Vocabulary

**cardinal points:** the four main compass directions: north, south, east, and west

**compromise:** come to an agreement

**concise:** give information clearly

**critical thinking:** evaluate to improve

**landmark:** a location on a map

**navigation:** plan and / or follow a route

**negotiate:** to agree on shared terms

**orientate:** to turn a map so that it always faces the same way as the ground it represents

**solve:** to find an answer

**strategy:** a plan of action to complete a set task or challenge

**verbal:** communication with voice

**visual:** communication with eyes



#### Ladder Knowledge



#### Problem solving:

There may be more than one way to solve a challenge. Using trial and error may help to guide you to the best solution.

#### Navigational skills:

Using a key helps you to identify objects and locations on a map.

#### Communication:

Being descriptive but concise when giving instructions e.g. 'two steps to the left' will help you to communicate clearly.

#### Reflection:

Reflecting on when you are successful at solving challenges will help you to alter your methods to help you improve.

#### Movement Skills

- balance
- co-ordination
- run at speed
- run over distance

This unit will also help you to develop other important skills.

**Social** negotiation, communication, leadership, work safely

**Emotional** empathy, confidence, resilience

**Thinking** problem solving, reflect, critical thinking, select and apply, comprehension

#### Rules

Abiding by rules will help everyone to play fairly and solve challenges.

#### Healthy Participation



- Listen carefully to safety rules for each challenge considering the space, equipment and other people.
- Work safely around others.

If you enjoy this unit why not see if there is an orienteering club in your local area.



How will this unit help your body?

balance, co-ordination, speed, stamina

### Home Learning



Find more games that develop these skills in the Home Learning Active Families tab on [www.getset4education.co.uk](http://www.getset4education.co.uk)



#### Blindfold Obstacle Course



**What you need:** A blindfold which could be a tea towel or jumper. Two or more people.

#### How to play:

- Create an obstacle course using whatever you can find e.g. cushions, chairs, clothes horse etc.
- One person begins blindfolded and the other person guides them around the obstacle course.



[www.getset4education.co.uk](http://www.getset4education.co.uk)