



Physical Education

Orienteering Year 6

Unit Purpose

The unit of work will **refine** pupils' ability to **orientate** a map, locate points in a set order. They must follow the route they have been given to reach as many points as possible in an allocated time. Pupils will **refine** their ability to **collaborate** with others and work as a team to complete the **challenges**.

Inspire Me

Simone Niggli-Luder is a Swiss orienter who has twice won all four women's competitions at the World Championships. Simone is widely seen as one of the greatest orienteers of all time.



Key Success Criteria

- P** Pupils will refine their developing ability to orientate a map and locate points, returning to base as quickly as possible.
- C** Pupils will refine their understanding of what makes an effective team and understand how important teamwork is when orienteering.
- S** Pupils will refine life skills such as cooperation as they collaborate with their team to successfully complete the orienteering challenges.
- W** Pupils will apply integrity and self discipline as they complete the orienteering challenges. Pupils will refine their leadership skills and take responsibility for others.

Vocabulary for Learning

Navigate: means to find a way through a planned course often by using a map.

Teamwork: Teamwork is the combined effort of a group to achieve a goal or complete a task in the most effective and efficient way.

Strategy: is a planned set of actions that are used by a team or individual to achieve a long-term goal. We plan a strategy and then use specific tactics to help us achieve our goal.

Tactics: Tactics are a carefully planned set of actions that are used by a team or an individual to attain a certain goal.



Sport Specific Vocabulary

Leadership: Leadership is the ability to guide members of your team towards achieving your goal.

Responsibility: is when you take ownership for the things that you are supposed to do and accept the results or consequences of your actions.

Cooperation: Cooperate is another word used to define teamwork, meaning to work together to achieve a goal or complete a task in the most effective way possible.

