

Y axis



X axis



compass



evaluate



direction



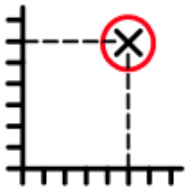
map



Outdoor and Adventure



route



coordinates



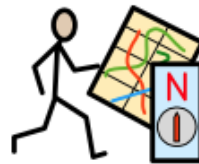
turn



communication



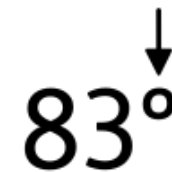
stopwatch



orienteer


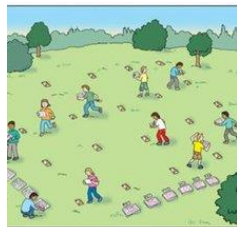



trail



degrees

Y3 Physical Education: Outdoor and Adventure – Topic Vocabulary Mat

Subject Specific Vocabulary		Relevant Pictures and Information	Exciting Websites
Direction	A course along which someone or something moves.	 	https://www.britishorienteering.org.uk/
Route	A way or course taken in getting from a starting point to a destination.		 <p>Christian Aebersold is a Swiss orienteering competitor. He is three times Relay World Champion, as a member of the Swiss winning teams in 1991, 1993 and 1995.</p>
Turn	A change of direction when moving.		
Degrees	a unit of measurement of angles.		
Trail	To tuck your head and roll your body over backwards.		
Orienteer	A position in which knees are raised to your chest.		
Stopwatch	A special watch designed to record times.	What I've Learnt Already	Key Knowledge
Communication	Giving and receiving clear information to a peer.	Year 2: <ul style="list-style-type: none">I know that North, South East and West are points on a compass.I know that physical activity requires a warm up to increase heart rate and ready specific muscles.I understand the importance of following specific rules for physical activity (including games).I know that tactics can help to achieve an individual goal.I am able to communicate and give directions.	<ul style="list-style-type: none">To understand how to follow a map in a familiar context.
Coordinates	A set of numbers/letter that describe a position.		<ul style="list-style-type: none">You can follow clues to find and stay on a route.
Map	A symbolic representation of a place.		<ul style="list-style-type: none">To know how to follow a route safely.
Y axis	The vertical line of a graph (for coordinates).		<ul style="list-style-type: none">The four main points on a compass are North East, South and West and the points between these are North East and North West and South East and South West.
X axis	The horizontal line of a graph (for coordinates).	Skills I am Developing	<ul style="list-style-type: none">Following directions according to left and right turns.
compass	A tool that helps you now which direction you are facing.	Trails <ul style="list-style-type: none">Orienteer themselves with increasing confidence and accuracy around a short trail. Problem Solving <ul style="list-style-type: none">Identify and use effective communication to begin to work as a team.Identify symbols on a key Preparation and Organisation <ul style="list-style-type: none">Begin to choose equipment that is appropriate for an activity Communication <ul style="list-style-type: none">Communicate with others. Compete and Perform <ul style="list-style-type: none">Begin to complete activities in a set period of time.Begin to offer an evaluation of personal performances and activities.	<ul style="list-style-type: none">Coordinates can be plot on a map using the X and Y axis.
Evaluate	To judge an event and find areas to improve/change.		<ul style="list-style-type: none">90 degrees is a quarter turn, 180 a half turn and 360 a full turn.
			<ul style="list-style-type: none">270 degrees is a three-quarter turn.