



Get Set 4
Education

Knowledge Organiser

OAA Year 3

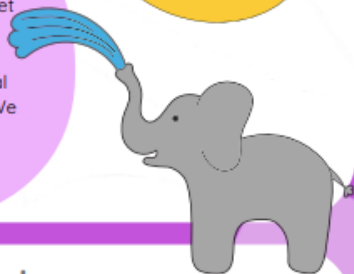
About this Unit

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 an orienteering activity.

Orienteering is an activity that uses a map and compass to help the people taking part find their way around a course.

Maps help you travel from one location to another. They help you to find where you are and how to get where you want to go.

A compass is a device that shows you the cardinal directions. These are North East South and West. We can use a saying to help us to remember this 'Naughty Elephants Spray Water'. A compass will always point to North.



Key Vocabulary

communication: share information

compass: a device that shows the cardinal directions

course: includes a start point, control points, and a finish point when orienteering

discuss: talk about

honest: give facts

interrupt: to speak while others are speaking

map: used to show locations

route: the path taken

support: to help

symbol: a sign, shape or object representative of different features on a map e.g. a triangle for a mountain

tactics: a plan to solve a problem

teamwork: working with others to succeed

trust: to believe in others



Ladder Knowledge



Problem solving:

Trying ideas before deciding on a solution will help you to come up with the best idea.

Navigational skills:

Holding a map so that the items on the map match up to real life will help you to read and understand the map and situation.

Communication:

Take turns when giving ideas and do not interrupt each other.

Reflection:

Think about when and why you are successful at solving challenges to help you in the future.

Movement Skills

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

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

Social communication, co-operation, inclusion, collaborate

Emotional determination, trust, confidence, honesty

Thinking problem solving, evaluate, reflection, create, comprehension, select and apply

Rules

Use rules given to you honestly to help to keep yourself and others safe.

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

Cross the swamp



What you need: Some toys and two pillows

How to play:

- Place your toys 8m away from a start line. This could be in another room if playing indoors.
- Imagine that the space between the start line and the toys is a swamp.
- To rescue the toys use the two pillows to cross the swamp and retrieve one toy at a time.
- You cannot touch the swamp. How many toys can you rescue in 3 mins?

Watch out for the crocs!



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