

# Year 8 Physical Education Knowledge Booklet

## OAA

Name:

Class:



### What PE kit do I need?

Black school PE shorts/leggings, blue school PE t-shirt, trainers and school blue football/white sports socks. Where safe to do so this activity will continue even in cold and wet weather, so students are advised to have the school tracksuit bottoms and school rugby/tracksuit top for this activity.

### **Assessment Criteria**

1	Make contributions to discussion and ideas during problem solving and physical activity.	
2	Can use verbal and non verbal methods to communicate basic navigation. Can orientate a map.	
3	Can complete OAA courses with at least 2 methods (sketch, photo, written, verbal, grid). Good teamwork.	
4	Can complete OAA courses using at least 4 methods. Confident in taking the lead when appropriate.	
5	Can create an OAA course with different methods for others to use (incl. Plotting controls, resources etc)	
6	Can judge, measure and record distance between controls. Can use compass directions.	
7	Can use compass bearings to locate controls. Able to work independently.	
S3	Social	Confidently contribute to group discussion and offer suggestions about a performance.
P4	Personal	Highlight skills or tactics that I have used well.

### Big Questions

1. What problems occur from working in groups?
2. What are the keys to success when working in a team to tackle challenges?
3. How does map orientation help to identify controls?
4. How do you set effective controls for orienteering?
5. How do we judge distance on location and using a map?
6. How can directionality improve orienteering skills?

#### Web Links:

How to use a compass:

<https://www.youtube.com/watch?v=0cF0ovA3FtY>

Fun team challenge ideas:

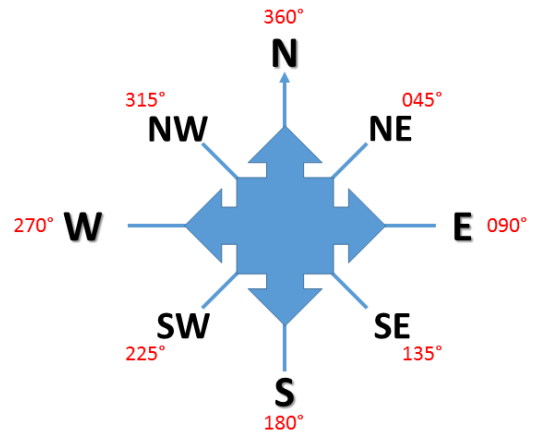
<https://www.youtube.com/watch?v=ymlpS8ndF0E>



The angle in degrees measured clockwise from North.

It is common to put extra "0"s to make it a full 3 digits, so:

- North is 000°
- East is 090°
- South is 180°
- West is 270°



## OS Map Symbols

Railway Station	Level Crossing	Motorway	Trunk or main road	Footpath	Bridleway	National Trail/Long Distance Route; Recreational Route
Camp site/caravan site	Viewpoint	Picnic site	Access information point	Building of historic interest	Recreation/leisure/sports centre	Museum
Site of battle	Castle/fort	Cadw: Welsh Historic Monuments	Historic Scotland	English Heritage	National Park Boundary	Nature reserve
Access land in woodland area	Access land boundary and tint	Cycle trail	Information centre	Telephone	Parking	Garden/arboretum
				Sch	PO	PC
Place of worship with spire, minaret or dome	Place of worship with tower	Place of worship	Youth hostel	School	Post office	Public convenience
					FB	W Spr
Bus or coach station	Cliff	Wind pump; wind generator	Electricity transmission line	Quarry	Footbridge	Well; spring
Non-coniferous trees	Coniferous trees	Marsh, reeds or saltings	Orchard	Bracken, heath or rough grassland	Scrub	Contours
	Scree		Sand; sand & shingle		Mud	

1:25 000 scale Explorer™

## Batman's Bearings

Give the direction **and bearing** upon which Batman has to travel and use the scale to calculate how far he has gone whilst catching all the criminals.

*Note: all directions are North, North East, East, South East, South, South West, West or North West.*

From	To	Direction	Bearing	Distance (m)
Start	Riddler			
Riddler	Catwoman			
Catwoman	Penguin			
Penguin	Harley Quinn			
Harley Quinn	Two Face			
Two Face	The Joker			
The Joker	Finish			

