# Knowledge

# Organiser

# *Physical Education*

# *Year 8 OAA*

Name:                              Form:

## 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 (inl. 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:

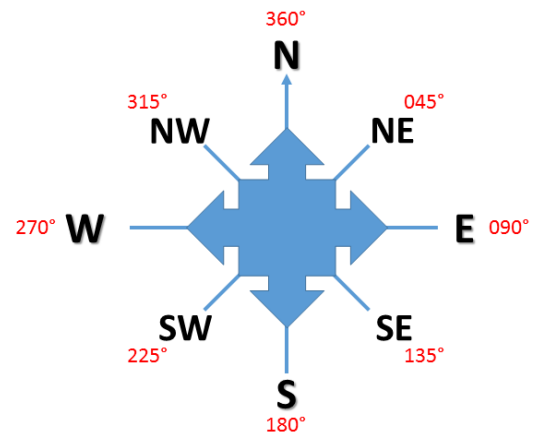https://www.youtube.com/watch?v=ymIpS8ndF0E

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°

360°
N
315°  NW    NE  045°
270° W          E 090°
SW    SE
225°    135°
S
180°

# 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 |
| Place of worship with spire, minaret or dome | Place of worship with tower | Place of worship | Youth hostel | School | Post office | Public convenience |
| 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™

Ordnance Survey

# 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 | | | |



Scale
1cm:500m