**Curriculum**

**Physical Education - Orienteering**

**Course Overview**

SPORT TYPE: Individual/team, outdoor adventurous, creative problem solving

**Department Standards**

* The students will develop an understanding, through experience, of the benefits of participation in physical activity throughout life;
* The student will experience a sense of achievement through achieving competence in physical activity thereby helping to raise self-esteem;
* The student will develop the personal qualities of cooperation, good sportsmanship, honesty, confidence and respect for others that will allow the student to work with others to realise common goals and objectives;
* The student will develop the physical skills and techniques of body management and coordination to allow the student to cope with a variety of physical tasks;
* The student will develop an appreciation of creative and aesthetic qualities;
* The student will develop problem solving skills;
* The student will develop communication and leadership skills;
* The student will engage in the processes of discovery and enquiry through creative and imaginative physical activity;
* The student will develop the confidence necessary to participate in any form of physical activity in new surroundings with people hitherto unknown.

**Benchmarks**:

Develop concept of North as fixed point

Develop understanding of the need for orientation of map to North

Develop basic map reading skills

Develop ability to use a compass

Develop ability to work cooperatively with partner

**Performance Indicators**

1) Display ability to locate North and orientate map to this point at all times

2) Display ability to read & locate features using a map

3) Display ability to employ techniques of line orienteering, catch points and attack point skills whilst using a map

4) Display ability to take and follow bearings using a compass

5) Display cooperative work with partner regarding route choice and course completion

**Assessments**

Teacher observation

Student self-evaluation

Peer evaluation

**Core Topics**

**Specific Content**

Warm-up as appropriate to task

Star exercise to locate North & develop ability to orientate map to North (PI1 & PI2)

Line courses & courses which require attack points and catch points to be highlighted (PI1, PI2, PI3)

Set courses to develop ability to work out quickest route whilst working with partner (PI1, PI2, PI3, PI5)

Bearing only course to develop ability to use compass to navigate a bearing only course (PI1, PI4)

**Resources**

Compass per person

Set route map per person (from variety)

Punch card per person

Markers as appropriate to course,

Time sheet