OUTDOOR AND ADVENTUROUS ACTIVITIES KNOWLEDGE ORGANISER

Overview

-Outdoor and adventurous activities involve sports and games played in natural settings, for example, forests, mountains, fields and rivers.

Some examples of outdoor and adventurous activities include team games, mountain biking, abseiling, orienteering, high rope courses, skiing and many, many more!

-Outdoor and adventurous activities often involve a great deal of excitement and risk.

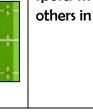
-We should always consider safety and the environment when taking part in these activities.

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		Physical
Skill	Definition	How do I do this?
Running	Using your legs to move at speed faster than a walk.	 -Look for space. Keep your head up to avoid obstacles. -Use your arm swing to balance and propel you forwards. -Bend down low and push off quickly to change direction. -Use sidesteps to avoid others and obstacles. -Adapt your speed for different situations and activities.
Balancing	To hold yourself in a steady position so that you do not fall.	 -Make sure that your weight is equally spread (e.g. feet shoulder width apart, not leaning to one side, etc.) -Spread your arms out wide – this moves more of your weight away from the pivot point (your feet). -If moving, do so slowly and mind your step!
Climbing	Getting up, or ascending, something, using arms and legs.	 -Grip tight and use the power in your legs - your legs have much stronger muscles than your arms. -Learn to backstep when an obstacle is too tricky or dangerous for you to get past.
Hand-Eye Coordination	To use our eyes to help us complete actions skillfully with our hands.	 -Lots of activities require you to use your eyesight to help your muscles perform actions. -Keeping your eyes on the ball, for example, can help you to catch a ball with your hands.
Team Games	Activities that require groups of people working together.	-Many activities can be performed more effectively when working with other people. This may require you to delegate roles to different people and communicate calmly, politely and accurately.

Social and Emotional			
<u>Teamwork</u> Remember some of the features of	<u>Com</u> Success in OAA		
effective teamwork: -Communication -Purpose -Clear Roles based on knowledge/skills -Respect -Encouragement -Resilience -Effort -Selflessness	on commu teammates. W speaking, language. It i and listen opportun		
<u>Trust</u> It is vital that team players show trust in one another. One person cannot be	Respect Respect is the and showing		

successful all by themselves, and so they should have trust in the skills and abilities of other people. Honesty and Fair Play Fair play is about learning the rules of the game and putting them into practice honestly.



Thinking/Stro

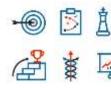
Planning and Problem-Solving – Before starting OAA to teams should create a clear plan of what they want to

achieve, and how they will achieve it. Strategy - The strategy is the plan of action that the team uses to try and reach its goal.

Winning only feels as

good as it should

when you know that you have won fairly.



Instructions – A ways of communicating that is clear, pre and to the point, so that it can be easily understood.

Obstacle - Something that blocks the way and prevents progress from happening. Needs to be avoided or tackle

Health and Safety

Give your partner	Be aware of the	Look after the environment. Make	Always have someone	Make sure that you follow	Make sure that	Stretch your	Warm down	Remove jewellery
clear instructions to	people and space	sure that your games do not	else with you during	the rules of the game, and	you warm up	muscles before	after	and wear suitable
keep them safe.	around you.	damage the natural environment.	OAA games.	use the equipment safely.	properly.	exercising.	exercising.	clothing/ equipment.

Lower KS2



mmunication

games hugely depends unicating well with We can do this through listening and body is important to speak n – give others the nity to voice ideas.

ect and Kindness act of giving attention and showing care to others. It is important to be respectful to teammates, opponents, referees and coaches. It is important to be inclusive of others, respecting people of all abilities and experience levels. Managing Emotions

Whilst it is important try your hardest, you should remember that games and sports should be fun. Be considerate to others in victory and be respectful and gracious in defeat.



Key Vocabulary

Outdoor

Adventurous

Activities

Hand-Eye Coordination

Orienteering

Map

Rock Climbing

Abseiling

Landscape

Obstacle

Route

Safety

Environment

ategi	ategic				
asks,	Map Reading				
51	-There are a number of strategies that you can use to read and communicate the information on a map.				
	-Use points of reference (e.g. trees,				
	buildings, etc.) to help you locate where other things are. -Use prepositions, e.g. beyond, in front				
ecise	of, above, below, to the right, on the left, through, around, etc.				
s ed.	-You may be introduced to a compass to find basic directions (north, east, south, west).				