

SUBJECT: Year 10 PE

UNIT: OAA



What is OAA?

In Year 11, Outdoor and Adventurous Activities focus on **mastery, leadership, and evaluation**. You will take full responsibility for planning, leading, and reviewing expeditions, demonstrating advanced navigation, safety, and environmental management.

You will be expected to operate **independently and confidently**, making strategic decisions, solving problems in real time, and evaluating your own and others' performance critically.

Key Aims

- Demonstrate mastery of navigation, route planning, and risk management.
- Conduct detailed dynamic risk assessments in real situations.
- Apply strategic decision-making and adapt plans to changing environments.
- Evaluate expedition performance and leadership effectiveness using evidence and reflection.
- Show advanced environmental awareness and sustainable practice.

Prepare for post-16 outdoor education, Duke of Edinburgh expeditions.

Key knowledge

Leadership & Management: Leading a group through complex terrain, maintaining safety, morale, and motivation under pressure.

Advanced Navigation: Using resection, aiming off, attack points, handrails, and catching features to navigate with precision.

Expedition Planning: Producing comprehensive plans that include emergency procedures, route adaptations, kit reviews, and contingency measures.

Risk & Safety: Completing full written risk assessments and leading safety briefings.

Decision Making: Evaluating environmental and group factors to choose optimal routes and actions.

Evaluation: Reflecting on leadership style, teamwork, and expedition outcomes to suggest evidence-based improvements.

Sustainability: Embedding "Leave No Trace" principles in all expedition activity; understanding the long-term impact of outdoor recreation.

Advanced Map & Expedition Skills

Route Cards – Plan a route including estimated times, distances, bearings, and checkpoints

Compass Bearings – Accurately take and follow bearings in unfamiliar terrain.

- **Pacing and Timing** – Use pace counts and time estimates to track progress.
- **Contour Interpretation** – Read landforms to understand gradient and elevation.
- **Relocation Techniques** – Use features and bearings to find your position when lost.
- **Group Expedition Skills** – Packing, equipment use, teamwork, and decision-making outdoors.

Key Vocabulary

Bearing The direction measured in degrees from North using a compass.

Contour Interval The vertical distance between contour lines on a map.

Risk Assessment Evaluating potential dangers and planning to minimise them.

Dynamic Leadership

Adapting leadership style to changing conditions and group needs.