

SUBJECT: Year 8 PE

UNIT: OAA



What is OAA?

Outdoor and Adventurous Activities involve facing physical and mental challenges in unfamiliar environments. You'll work individually and in teams to plan, navigate, and complete outdoor tasks such as orienteering, route planning, and problem-solving challenges.

Key Aims

- Develop independence and leadership through outdoor challenges.
- Communicate effectively using clear instructions and teamwork strategies.
- Build resilience and adaptability in changing outdoor conditions.
- Plan and follow routes using advanced map and compass skills.
- Reflect on performance to identify strengths and areas for improvement.



Key knowledge

Teamwork – Using effective communication, trust, and cooperation to achieve shared goals.

Leadership – Taking responsibility, allocating roles, and making decisions under pressure.

Communication – Using verbal and non-verbal methods to share information clearly and effectively.

Problem Solving – Using logic and creativity to overcome obstacles and complete challenges.

Resilience – Staying positive and composed when facing difficulties or setbacks.

Navigation – Using maps, compasses, and natural features to move accurately between checkpoints.

Planning – Preparing for activities by assessing risks, allocating roles, and setting clear objectives.

Map skills

- 4 and 6 Figure Grid References – To accurately locate points on a map.
- Contour Lines – Understanding elevation and terrain.
- Route Planning – Estimating distance, time, and difficulty before starting.
- Compass Bearings – Taking and following bearings to navigate unfamiliar ground.
- Pacing and Timing – Measuring distance accurately on foot.

Key Vocabulary

Bearing

A direction or angle measured from North using a compass.

Contour

A line on a map showing height and shape of the land.

Pace Count

The number of steps needed to cover a known distance.

Strategy

A plan designed to achieve success in a challenge.

Adaptability

Adjusting behaviour or tactics when conditions change.

Evaluation

Reviewing performance to improve future outcomes.



Safety Reminders

- Always work within the set area and stay in visual contact.
- Carry essential kit (whistle, map, compass, water).
- Listen carefully to instructions and support your teammates.