

SUBJECT: Year 9 PE

UNIT: OAA



What is OAA?

Outdoor and Adventurous Activities challenge your physical, mental, and decision-making skills in unfamiliar environments. You'll plan and lead group activities, navigate independently using advanced map and compass techniques, and develop resilience, teamwork, and leadership through outdoor problem-solving.

Key Aims

- Demonstrate independence and take on leadership roles during outdoor activities.
- Communicate and collaborate effectively to achieve complex team challenges.
- Apply advanced navigation techniques using maps, compasses, and route cards.
- Manage risk and safety through planning and preparation.
- Reflect critically on individual and team performance to improve future outcomes.
- Understand and respect the natural environment and sustainability principles.

Key knowledge

Leadership – Leading others with confidence, delegating tasks, and maintaining group safety and morale.

Independence – Taking personal responsibility for planning, navigation, and decision-making.

Teamwork – Using cooperation, respect, and shared responsibility to achieve objectives.

Problem Solving – Applying logic, strategy, and creativity to overcome complex challenges.

Navigation – Using compass bearings, pacing, route cards, and map interpretation to travel between points accurately.

Risk Assessment – Identifying potential hazards and developing strategies to reduce risk.

Environmental Awareness – Understanding how to protect and preserve outdoor spaces through responsible behaviour.

Advanced Map 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.

Relocation Finding your current position on the map after becoming disoriented.