

OUTDOOR AND ADVENTUROUS ACTIVITIES KNOWLEDGE ORGANISER

Overview	
<p>-Outdoor and adventurous activities involve sports and games played in natural settings, for example, forests, mountains, fields and rivers.</p> <p>Some examples of outdoor and adventurous activities include team games, mountain biking, abseiling, orienteering, high rope courses, skiing and many, many more!</p> <p>-Outdoor and adventurous activities often involve a great deal of excitement and risk.</p> <p>-We should always consider safety and the environment when taking part in these activities.</p>	

Social and Emotional		Key Vocabulary	
<p>Teamwork</p> <p>Remember some of the features of effective teamwork:</p> <ul style="list-style-type: none"> -Communication -Purpose -Clear Roles based on knowledge/skills -Respect -Encouragement -Effort -Selflessness 	<p>Communication</p> <p>Success in OAA games hugely depends on communicating well with teammates. We can do this through speaking, listening and body language. It is important to speak and listen – give others the opportunity to voice ideas.</p>		Outdoor
<p>Trust</p> <p>It is vital that team players show trust in one another. One person cannot be successful all by themselves, and so they should have trust in the skills and abilities of other people.</p>	<p>Respect and Kindness</p> <p>Respect is the 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.</p>		Adventurous
<p>Honesty and Fair Play</p> <p>Fair play is about learning the rules of the game and putting them into practice honestly. Winning only feels as good as it should when you know that you have won fairly.</p>	<p>Managing Emotions</p> <p>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.</p>		Activities
			Hand-Eye Coordination
		Orienteering	
		Map	
		Rock Climbing	
		Abseiling	
		Landscape	
		Obstacle	
		Route	
		Safety	
		Environment	

Physical		
Skill	Definition	How do I do this?
<p>Running</p>	Using your legs to move at speed faster than a walk.	<ul style="list-style-type: none"> -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.
<p>Balancing</p>	To hold yourself in a steady position so that you do not fall.	<ul style="list-style-type: none"> -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!
<p>Climbing</p>	Getting up, or ascending, something, using arms and legs.	<ul style="list-style-type: none"> -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.
<p>Hand-Eye Coordination</p>	To use our eyes to help us complete actions skillfully with our hands.	<ul style="list-style-type: none"> -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.
<p>Team Games</p>	Activities that require groups of people working together.	<ul style="list-style-type: none"> -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.

Thinking/ Strategic	
<p>Planning and Problem-Solving – Before starting OAA tasks, teams should create a clear plan of what they want to achieve, and how they will achieve it.</p> <p>Strategy – The strategy is the plan of action that the team uses to try and reach its goal.</p> <p>Instructions – A ways of communicating that is clear, precise and to the point, so that it can be easily understood.</p> <p>Obstacle – Something that blocks the way and prevents progress from happening. Needs to be avoided or tackled.</p>	<p>Map Reading</p> <ul style="list-style-type: none"> -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 of, above, below, to the right, on the left, through, around, etc. -You may be introduced to a compass to find basic directions (north, east, south, west).

Health and Safety

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