

PE · Y3–Y6

Outdoor & Adventurous Activities

Knowledge Organiser — Y3–Y6

Key vocabulary

1

Orienteering

A navigation sport using a map and compass to find checkpoints in the fastest time. Can be done in any outdoor space — forest, park, or school grounds.

2

Control point

A marked location that participants must find during an orienteering event, usually marked with an orange-and-white flag or kite.

3

Contour lines

Lines on a map connecting points of equal height. Closely spaced = steep; widely spaced = gentle slope.

4

Grid reference

A way of identifying a specific point on a map using two numbers (easting, northing). Four-figure = grid square; six-figure = point within a square.

5

Compass bearing

A direction expressed in degrees (0–360°) measured clockwise from North. 0/360° = North; 90° = East; 180° = South; 270° = West.

6

Risk assessment

The process of identifying potential hazards and deciding how to manage them before an outdoor activity.



ng skills progression

From school grounds to cross-

- STAGE 1 — Map familiarisation: match symbols to features in the school grounds; north is up on the map
- STAGE 2 — Simple course: follow a 5-point course using a school grounds map
- STAGE 3 — Time trial: complete the course as quickly as possible with accurate control punching
- STAGE 4 — Score orienteering: find as many controls as possible in a set time (not in order)
- STAGE 5 — Off-site: use a park or green space with Ordnance Survey map features
- **KEY SKILL:** orienting the map — rotating it so it matches the terrain. 'The map is always north-up' is wrong; 'the map should face the same way as you' is right.

