

# 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 more!</p> <p>-School-based OAA tasks are often challenges that require problem-solving skills, teamwork and communication.</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><b>Teamwork</b></p> <p>Remember some of the features of effective teamwork:</p> <ul style="list-style-type: none"> <li>-Communication</li> <li>-Purpose</li> <li>-Clear Roles based on knowledge/skills</li> <li>-Respect</li> <li>-Encouragement</li> <li>-Resilience</li> <li>-Effort</li> <li>-Selflessness</li> <li>-Inclusion</li> <li>-Trust</li> <li>-Confidence</li> </ul>	<p><b>Communication</b></p> <p>Success in OAA games hugely depends on communicating well with teammates. We can do this through speaking, listening body language and facial expressions. It is important to listen, build on and challenge the ideas of others – teams rarely work well when one person dominates the conversation.</p>		<p>Outdoor</p> <p>Adventurous</p> <p>Activities</p> <p>Hand-Eye Coordination</p>
<p><b>Trust</b></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>Trust includes knowing when others can help you and listening to them.</p>	<p><b>Inclusion</b></p> <p>Inclusion is all about including others within groups and teams. We should adopt pro-active behaviours, options and actions to make people from all backgrounds, ages and abilities feel welcome, respected and that they belong as a part of our sporting activities.</p>		<p>Strategy</p> <p>Problem-Solving</p> <p>Compass</p> <p>Role</p>
<p><b>Honesty and Fair Play</b></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. Many OAA games rely on participants to behave honestly, even when referees/officials are not watching.</p>	<p><b>Confidence</b></p> <p>Confidence is about having an inner feeling or belief that something can be achieved. It is important to build your own self-confidence in order to succeed in sporting activities. It is also important to show confidence in others, including teammates and officials.</p>		<p>Map Key</p> <p>Trust</p> <p>Route</p> <p>Inclusion</p> <p>Confidence</p>

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"> <li>-Look for space. Keep your head up to avoid obstacles.</li> <li>-Use your arm swing to balance and propel you forwards.</li> <li>-Bend down low and push off quickly to change direction.</li> <li>-Use sidesteps to avoid others and obstacles.</li> <li>-Adapt your speed for different situations and activities.</li> </ul>
<p>Balancing</p>	To hold yourself in a steady position so that you do not fall.	-Make sure that your weight is equally spread (e.g. feet equally apart, not leaning to one side, etc.) A wider stance can also help you balance. Spread your arms out wide – this moves more of your weight away from the pivot point (your feet). If moving, do so slowly. Keep your head and core steady.
<p>Climbing</p>	Getting up, or ascending, something, using arms and legs.	-Grip tight to utilise your hand and finger strength. Remember to 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. Make sure that all safety equipment is used correctly.
<p>Hand-Eye Coordination</p>	To use our eyes to help us complete actions skillfully with our hands.	-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. You can hone your hand eye coordination by practicing skills.
<p>Stamina</p>	Being able to keep going physically for an extended period of time.	<ul style="list-style-type: none"> <li>-When we have stamina, we can keep going at things for an extended period of time. We can build our stamina through practice and training (e.g. going out running or cycling).</li> <li>-Stamina is also affected by our mental willingness to keep going even when things are tough (resilience).</li> </ul>

Thinking/ Strategic	
<p><b>Planning and Problem-Solving</b></p> <p>Before beginning OAA tasks, teams should create a clear plan of what they want to achieve, and how they will achieve it.</p> <p><b>Strategy</b> – The strategy is the plan of action that the team uses to try and reach its goal. Team members may be given different roles to help to implement the strategy.</p> <p><b>Instructions</b> – A way of communicating that is clear, precise and to the point, so that it can be easily understood. Use imperative verbs to start instruction sentences clearly.</p> <p><b>Decision Making</b> – Group members should listen to each other's ideas and collectively decide on the approach. The team leader may have overall responsibility for decisions.</p>	<p><b>Map Reading</b></p> <p>-There are a number of strategies and skills that you can use to read and communicate the information on a map.</p> <p>-Use points of reference (e.g. trees, buildings, etc.) to help you locate where other things are. A key can help to show you what different symbols mean on a map.</p> <p>-Use prepositions, e.g. beyond, in front of, above, below, to the right, on the left, through, around, behind, across, near, etc.</p> <p>-You may also use a compass to find directions (north, east, south, west, north-east, south-west, etc.)</p> <p>Look out for and avoid obstacles.</p>

## Health and Safety

Give your teammates clear instructions to keep them safe.	Be aware of the people and space around you. Let them know where you are.	Look after the environment. Make sure that your games do not damage the natural environment.	Always have someone else with you when in remote/natural places.	Make sure that you follow the rules, and use apparatus properly, including safety equipment.	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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