

Outdoor Adventures: Year 4 PE Vocabulary Mat

Learning objective: To develop a rich vocabulary for describing movement, strategy, and teamwork during outdoor adventurous activities.

Key Vocabulary

Use this reference mat to help you describe your actions and tactics when participating in orienteering, team challenges, and outdoor problem-solving. Words are categorised by their function.

Cooperation Working effectively with others ...	Navigation The process of accurately finding...	Endurance The ability to keep going with ph...
Resilience The strength to keep trying even...	Topography The arrangement of the natural ...	Strategy A planned action or method used to...
Coordination Using different parts of the bo...	Communication Sharing information clearly...	Obstacle A physical object or challenge that...
Perseverance Continuing to work towards a...	Agility The ability to move quickly and chan...	Pacing Controlling the speed of your move...
Compass A tool used for navigation that sh...	Landmark A recognizable natural or man-m...	Terrain The physical appearance and featur...
Explain why clear...	Compare and con...	Justify your ans... Why is 'Resilience' consi...
What might happ...	If Max the monke...	Imagine you are I...