

Class 5 Outdoor Adventures Assessment

Learning objective: To demonstrate knowledge of orienteering, safety, physical fitness, and outdoor survival skills.

Read each question carefully. Ensure you provide clear, detailed answers. You may use the word bank provided to help with your terminology.

Leo the Lion is planning a woodland expedition for his friends. They will be using maps and compasses to locate hidden checkpoints. To succeed, they must maintain good cardiovascular health to keep up their energy, understand the natural environment, and stay safe by identifying potential hazards in the forest.

Word bank: orienteering · stamina · coordination · hazard · cardiovascular · navigation · topography · resilience

1. Define the term 'orienteering' and explain one piece of equipment needed for this activity. (2 marks)

2. Why is it important to maintain good cardiovascular stamina during a long outdoor adventure? Explain how this affects your performance. (3 marks)

3. Max the Monkey is looking at a map. He sees symbols representing hills and valleys. What is the geographical term for these features, and why does he need to understand them to plan his route? (4 marks)

4. Identify two potential environmental hazards you might encounter in a British woodland and explain how you would stay safe around them. (4 marks)

5. Nova the Owl suggests that before any adventure, the group must pack a 'safety kit'. Suggest three essential items for this kit and explain the purpose of each item. (3 marks)

6. Describe a time you overcame a physical or mental challenge during an outdoor activity. How did you show resilience, and what did you learn about your own physical limits? (4 marks)

7. If a group of 5 friends buys a map for £4.50 and a compass for £6.75, how much does it cost per person if they share the total cost equally? Show your working. (5 marks)

Draw: Draw a map of a local park or woodland. Include a 'Key' with at least four symbols representing different landmarks (e.g., a tree, a path, a pond, a bench).



Extension challenge: Research and write a short paragraph about the 'Countryside Code'. Why is it vital to follow these rules when exploring the natural world? Total: /25