

Outdoor Adventures: Class 5 PE Flashcards

Learning objective: To identify key skills, safety measures, and terminology associated with outdoor adventurous activities.

Use these flashcards to revise key terms for outdoor learning. Read the front of the card, test your memory, then check the answer on the back.

What is the main purpose of a 'Safety Briefing' before an outdoor activity?

To inform participants about potential hazards, emergency procedures, and the rules to keep everyone safe.

What does a 'Compass' help you to do in outdoor orienteering?

It helps you determine your direction and bearing by pointing towards magnetic north.

Define 'Resilience' in the context of an outdoor adventure.

The ability to keep trying and stay positive when you face a physical or mental challenge in the outdoors.

What do 'Contour Lines' on a map represent?

Lines that join points of equal height above sea level, helping you see the steepness of the land.

Explain the importance of 'Teamwork' during an outdoor expedition.

It ensures that everyone in the group is supported, decisions are shared, and tasks like carrying equipment are divided fairly.

What is a 'Grid Reference' used for on a map?

It is a set of numbers used to pinpoint a specific location on the map surface.

Why is 'Navigation' a vital skill for outdoor explorers like Finn?

It allows you to plan a route from one point to another and know exactly where you are in the landscape.

What does the term 'O.S. Map' stand for?

Ordnance Survey map, which provides detailed information about paths, terrain, and landmarks in the UK.

Give an example of a 'Map Symbol' you might see on an adventure trail.

Symbols like a small green triangle for a campsite or a blue square for a car park represent features on the ground.

What should be included in a basic 'First Aid' kit for a short hike?

Items like plasters, antiseptic wipes, sterile gauze, and a triangular bandage for minor injuries.