

Year 5 Outdoor Adventures: Assessment

Learning objective: To demonstrate knowledge of orienteering skills, physical safety in nature, and strategic planning for outdoor expeditions.

Read each question carefully. Use your knowledge of geography, physical health, and teamwork to provide detailed answers. Ensure your writing is clear and uses appropriate technical vocabulary.

Max the monkey and Leo the lion are planning an expedition across the forest to reach the Hidden Lookout. They need to calculate their route, ensure they have the correct equipment, and manage their energy levels for the day. A successful adventure requires not only physical stamina but also a clear understanding of the environment and how to protect it.

Word bank: Orienteering · Topography · Contour lines · Safety protocol · Resilience · Navigation · Sustainability · Cardiovascular

1. Identify two essential pieces of equipment Max and Leo should carry for a safe outdoor expedition and justify why these are necessary for their survival. (2 marks)

2. Explain the importance of 'Leave No Trace' principles when exploring natural habitats. How does this protect the local ecosystem? (3 marks)

3. If Max is planning a route that costs £12.50 for a map and £8.75 for a compass, calculate the total cost. If he pays with a £25.00 note, how much change should he receive? (2 marks)

4. Compare and contrast the physical benefits of walking on flat, paved ground versus navigating uneven, hilly forest terrain. (4 marks)

5. Describe how you would use a compass and a map to find a 'Control Point' during an orienteering task. What might happen if you misinterpret the map's legend? (4 marks)

6. Justify why teamwork is considered the most vital skill during a challenging outdoor adventure. Provide an example of how a group might solve a disagreement while lost. (5 marks)

7. Extended Writing: Imagine you are leading a group on an expedition. Write a brief safety briefing (100 words) that you would give to your team before setting off, highlighting potential hazards and the importance of communication. (5 marks)

Draw: Sketch a map of a hypothetical forest trail, including a scale, a compass rose, and at least three symbols from a standard map legend to represent natural features.



Extension challenge: Total: /25. Imagine you are tasked with designing a new outdoor activity for your peers. Explain why your activity is physically demanding, how it promotes problem-solving, and how it aligns with the 'Leave No Trace' philosophy.