

Outdoor Adventures: Expedition Essentials

Learning objective: To develop vocabulary and tactical understanding of outdoor adventurous activities (OAA) in preparation for Year 5 field challenges.

Read the front of each card to test your knowledge of outdoor exploration. Use the definitions on the back to deepen your understanding of navigation, safety, and teamwork. Discuss the 'Greater Depth' questions with a partner to justify your reasoning.

Orienteering

A competitive sport where participants use a map and compass to navigate between specific points in diverse terrain.

Cardinal Points

The four main directions on a compass: North, South, East, and West.

Topographic Map

A detailed map that represents the physical features of the land, such as hills, valleys, and rivers, using contour lines.

Grid Reference

A set of numbers used to pinpoint a specific location on a map by identifying its position on the horizontal and vertical axes.

Resilience in OAA

The ability to remain calm and persevere when facing physical challenges or difficult weather conditions during an expedition.

Hydration

The process of maintaining sufficient water levels in the body, which is vital for sustained energy during physical outdoor activity.

Compass Rose

A figure on a map or nautical chart used to display the orientation of the cardinal directions.

Legibility

In map reading, this refers to how clearly features and symbols can be identified and understood under pressure.

What is the primary function of a contour line on a map?

To represent the elevation of the terrain, lines close together indicate a steep slope, while lines far apart indicate flat ground.

Explain why Teamwork is critical during an outdoor expedition.

Teamwork ensures that group members can share the physical load, support each other's wellbeing, and combine skills for effective navigation.

Justify why a light-weight, waterproof jacket is an essential item for a hike.

It provides protection against the elements, helping to maintain body temperature and prevent the onset of cold-related illnesses.

Compare and contrast: Why might a digital GPS differ from a paper map in a remote forest?

A GPS is convenient and gives precise coordinates, but a paper map does not rely on battery life or satellite signal, making it more reliable in remote areas.