

Outdoor Adventures: Vocabulary Reference Mat

Learning objective: To develop a sophisticated vocabulary for physical education and outdoor adventurous activities, focusing on navigation, teamwork, and resilience.

Key Vocabulary

Explore this vocabulary mat to improve your understanding of outdoor pursuits. Terms are categorised by Navigation, Movement, and Teamwork.

Orientation The process of finding your curr...	Topography The arrangement of the natural...	Resilience The capacity to recover quickly fr...
Collaboration The action of working with ot...	Endurance The ability to sustain a physical ...	Traverse To travel across or through an area..
Agility The ability to move quickly and easily...	Coordinates A set of numbers used to pinpo...	Strategise To plan the actions you will take t...
Compass A navigational instrument that sh...	Terrain A stretch of land, especially with reg...	Communication The exchange of informati...
Stealth Moving in a cautious and surreptitiou...	Perseverance Persistence in doing somethi...	Summit The highest point of a hill or mounta...
Explain why 'resil...	Compare and con...	Justify your ans... If you were lost in a fores...
What might happ...	How does unders...	If Max the monke...