

Outdoor Adventures with Max and Leo

Learning objective: To understand the physical and tactical skills required for outdoor orienteering and team-based adventure activities.

Read each question carefully. Use your knowledge of geography, math, and physical education to solve these adventure challenges.

Max the monkey and Leo the lion are planning an orienteering expedition across the local forest. They need to use maps, understand distance, and work together to find hidden checkpoints.

Word bank: Orienteering · Compass · Coordinates · Stamina · Topography · Tactical · Teamwork

1. Max needs to travel 450 metres north and 320 metres east to reach the first checkpoint. If he runs at a steady pace of 5 metres per second, how many seconds will it take him to reach the checkpoint? Show your working. (2 marks)

2. Leo is looking at a map of the forest. Explain why it is important to understand the topography of the land before starting an outdoor adventure. (2 marks)

3. The team needs to buy supplies for their trip. They have £20.00. They buy a compass for £7.50 and a map case for £4.25. How much change will they have left? (2 marks)

4. List two physical skills and two mental skills that are essential for successful orienteering in the outdoors. (4 marks)

5. Why is communication considered the most important 'tactical' skill when working in a team during an adventure activity? (2 marks)

Draw: Draw a map of a forest adventure trail. Include a 'Start' point, three numbered checkpoints, and a 'Finish' point. Label your map with at least two geographical features, such as a river, a hill, or a dense woodland area.



Extension challenge: Imagine you are designing an adventure course for your school field. Write a short paragraph explaining how you would use a compass and a map to ensure your classmates do not get lost while completing the course.