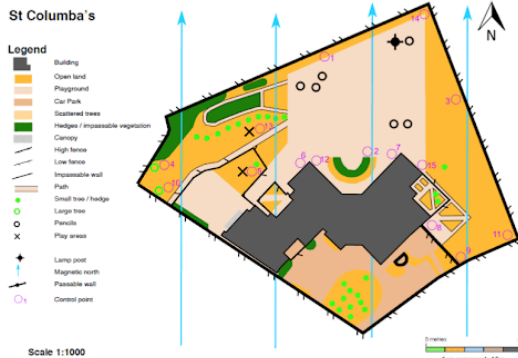




KS3 PE KNOWLEDGE ORGANISER – ORIENTEERING

Searching	Strategy	Fitness/Competition
<p>Map skills:</p> <ul style="list-style-type: none"> • Orientating the map • Use of compass point (finding North) • Understanding symbols <p>Finding:</p> <ul style="list-style-type: none"> • Scanning area around the target/point • Being discreet - don't let others see! 	<p>Decision making:</p> <ul style="list-style-type: none"> • Locating targets/points to find • Deciding on the order/route • Communication • Delegation of roles/team strategy • Setting personalised targets (number of targets to find / time) 	<p>How to be more successful:</p> <ul style="list-style-type: none"> • Pacing/tempo • Understanding of the rules • Reducing the time it takes to complete the task 
<p>Decision making to include:</p> <ol style="list-style-type: none"> 1. Awareness of the task - what are the rules? 2. Understanding how to change team strategy to become more effective at finding targets/points. 3. Understanding how fitness effects ability to perform well at orienteering. 		