KS3 PE KNOWLEDGE ORGANISER – ORIENTEERING

Searching	Strategy	Fitness/Competition
Map skills: • Orientating the map • Use of compass point (finding North) • Understanding symbols Finding: • Scanning area around the target/point • Being discreet – don't let others see! 	Decision making: • 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) 	How to be more successful: • Pacing/tempo • Understanding of the rules • Reducing the time it takes to complete the task 

Decision making to include:

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.