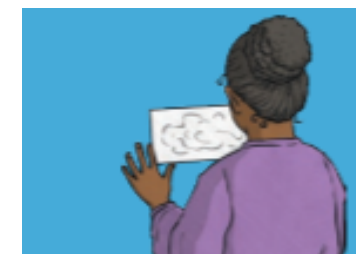


Outdoor Adventurous Activities (OAA).



Key words

orientate	trail	map
symbols	key	equipment
communicate	plan	route
team	navigate	symbols
compass	safety	weather



1. **Health and safety** – think about a warm-up, safety principles and why exercise is good for health, fitness and well-being.
2. **Trails** – orientate yourself and use navigation equipment to orientate around a trail.
3. **Problem solving** – orienteering as a team and independently, identifying keys on maps and have clear communication skills.
4. **Preparation and Organisation** – choosing the best equipment, creating plans and activities for others, and identifying routes to accurately navigate.
5. **Communication** – working as a team, using a map, and sometimes a compass, and organise trails for others.
6. **Compete and Perform** – Completing courses in quicker times, improving trails and challenges, listening to feedback and offering effective evaluations.