

Perth and Kinross Council Education and Children's Services Curriculum for Excellence Health and Wellbeing PHYSICAL EDUCATION ASSESSMENT X-country/Orienteering Third and Fourth level



Class _

Teacher_____

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I CAN STATEMENTS	CHILDS NAME														
use a compass and															
understand how it works and relate this understanding to a map															
Understand and apply different ways of finding controls															
understand the nature of the activity and apply appropriate safety measures															
understand tactics in cross country running and orienteering															
use a stopwatch and record results															
understand the need for appropriate equipment															
understand the Scottish Outdoor Access Code															
sustain a good running technique															
navigate a more difficult orienteering course on my own															

understand the nature of an orienteering event and progress through different levels												
set up my own course and provide a master map for this												
share my knowledge with others and perhaps adopt a leadership role												
use a stopwatch												
measure the distance of my course												
apply organisational skills in order to lead others effectively												
understand the fitness factors relevant to orienteering and cross country												
apply skills learned into a more competitive environment												