



Move up a level

PSSI Homepage

Outdoor and Adventure Activities

This strand is concerned with the provision of opportunities for walking, orienteering, outdoor challenges and water based activities to help promote a healthy life style based on the enjoyment of the outdoors. The lessons need to be planned carefully taking the environment and the space available into account. Some orienteering activities may need longer than the average allocation of Physical Education time. Information on other outdoor and adventure activities which can be experienced by the pupils is readily available from the various Adventure centres.

Tips for Outdoor and Adventure Activities

- For walking and orienteering activities each time you take the children outdoors walk the boundaries i.e. indicate clearly to the children the out of bounds areas.
- When working out of doors:
 - where possible keep the children within your view;
 - at the senior level when children undertake orienteering activities which will necessitate them to be out of view insist that they remain in their pairs while working.
- Make a checklist and ensure you have everything prepared before the lesson.
- Try to enlist the help of another adult.
- Train the seniors to hang markers etc for the juniors.
- Teach the children a clear signal in case you need them to return to base during an activity.
- Minimize what the children have to carry by hanging crayons at controls.
- After an orienteering event walk the children around with you as a debriefing session and collect in the controls en route.

