

## OUTDOOR & ADVENTUROUS ACTIVITIES:

### ORIENTEERING

Unit 2564 (AS)

**National Governing Body:** British Orienteering Federation  
Riversdale, Dale Road North, Darley Dale, Matlock, Derbyshire.  
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### STANDARDISATION

The activity will be standardised by the Teacher responsible for AS/A2 Physical Education being involved with the assessment alongside the specialist coaches.

### AS LEVEL

The candidate is tested in the selection and application of acquired and developed skills, while planning and taking part in a physically and technically demanding orienteering course. The type of terrain must allow candidates to fulfil the assessment phases.

The following regulations apply:

- The appropriate safety measures must be applied.
- The candidate maintains a logbook which covers the planning, training and preparation for the event itself. The logbook **must** be available at moderation.

The log should contain:

- Details of the type of training.
- Details of personal equipment necessary and reasons for taking it.
- Discussion of safety principles to be applied.
- Details and process of route planning.
- Evaluative comments.

### ASSESSMENT

Assessment is based on performance in a competitive situation where the candidate performs the acquired and developed skills under pressure. The level of success of the acquired and developed skills is measured through the phases identified below.

- Use and interpretation of maps and their symbols.
- Navigation across country, following route using map and compass – obtaining bearings.
- Planning the route.
- Calculation of distances.
- Organisation and use of equipment, application of safety principles.

These assessment phases are used in conjunction with the following assessment criteria for the conditioned competitive situations. The candidate is assessed out of a maximum of 30 marks.

The candidate will take part in a physically and demanding orienteering course – visiting a designated number of control sites in a prescribed order.

Marks	Description
25 – 30	Candidate demonstrates a very high level of acquired and developed skills that show a consistently high standard of accuracy, control and fluency. There is successful selection and application of more advanced techniques where accuracy, control and fluency remain despite pressures. The candidate introduces appropriate strategies and demonstrates an understanding of advanced techniques. Performances in the conditioned competitive situations are excellent and progress has allowed them to achieve their performance-based targets.
19 – 24	Candidate demonstrates a high level of acquired and developed skills that illustrates a very good standard of skill production. There is consistent success in the selection and application of advanced techniques in the conditioned competitive situation. In this situation the level of technical accuracy, control and fluency is normally good. The candidate shows a good understanding of the perceptual requirements. Performances in conditioned competitive situations are very good and improvement has been such as to allow a high standard of learning and understanding.
13 – 18	Candidate demonstrates a good level of acquired and developed skills that allows for a sound standard of performances during the orienteering course. There is a sound level of success in the selection and application of advanced techniques on the orienteering course, and under pressure the level of accuracy, control and fluency is reliable. Performances in the conditioned competitive situations are good and improvement reflects satisfactory learning and understanding.
7 –12	Candidate demonstrates an improving level of acquired and developed skills that allows for an average level of performance. There is an attempt to select and apply advanced techniques on the course and under competitive pressure accuracy, control and fluency are usually achieved. The candidate has a perception of the requirements of performance. Performances in the conditioned competitive situations become more consistent and progress has allowed some in learning and understanding.
0 -6	Candidate demonstrates a moderate level of acquired and developed skills that allows for a moderate level of performance. There is an attempt to select and apply advanced techniques and under pressure there is a level of technical accuracy, control and fluency. Performances in the conditioned competitive situations have some consistency with a degree of learning and understanding.

## **OUTDOOR & ADVENTUROUS ACTIVITIES:**

### **ORIENTEERING**

**Unit 2567 (A2)**

#### **STANDARDISATION**

The activity will be standardised by the Teacher responsible for AS/A2 Physical Education being involved with the assessment alongside the specialist coaches.

#### **A2 LEVEL**

The candidate is assessed in the selection and application of acquired and developed skills, tactical awareness and behaviour whilst planning and taking part in a physically and technically demanding two-day course at a recognised orienteering centre. The type of terrain must allow candidates to fulfil the assessment phases.

The following regulations apply:

- the appropriate safety procedures must be applied;
- the candidate maintains a logbook/portfolio which covers the planning, training and preparation;
- planning and preparation for the course as well as the course itself;
- the log/portfolio **must** be available at moderation.

The log should contain:

- details of personal equipment for the course and the reasons for taking it;
- training diary;
- selection of course maps/route cards;
- details of nutritional planning;
- identification of navigation techniques;
- race analysis and evaluation.

#### **ASSESSMENT**

Assessment is based on performance in a formal two-day course where the candidate performs the acquired and developed skills under pressure in a strategic situation. The level of success of the acquired and developed skill is measured through the phases identified below:

- use and interpretation of maps and their symbols;
- navigation using map and compass;
- planning the route;
- orienteering skills;
- application of safety principles and respect for others.

Marks	Description
25 - 30	Candidate demonstrates a very high level of acquired and developed skills that show a consistently high standard of accuracy, control and fluency. There is successful selection and application of more advanced techniques where accuracy, control and fluency remain despite pressures. The candidate introduces strategies at a high level and demonstrates an understanding of safety techniques. Performance in the formal competitive situations are excellent and progress has allowed them to achieve their performance-based targets. An excellent level of physical endeavour and sportsmanship is evident combined with flair. National/Regional representation may be an indicator of attainment of this high standard but assessment criteria must still be met.
19- 24	Candidate demonstrates a high level of acquired and developed skills that illustrates a very good standard of skill production. There is consistent success in the selection and application of advanced techniques in the course. Under pressure the level of technical accuracy, control and fluency is normally good. The candidate shows a good understanding of the perceptual requirements to perform. Performances in the formal competitive situations are very good and improvement has been such as to allow a high standard of learning and understanding. A high level of physical endeavour and sportsmanship is evident combined with flair. Regional/County representation may be an indicator of attainment of this standard but assessment criteria must still be met.
13- 18	Candidate demonstrates a good level of acquired and developed skills that allows for a sound standard performance in the course. There is a sound level of success in the selection and application of advanced techniques in the course and under pressure the level of accuracy, control and fluency is reliable. The candidate is able to introduce and use safety techniques. Performance in the formal competitive situations are good and improvement reflects satisfactory learning and understanding. A good level of physical endeavour and sportsmanship is evident combined with some flair. District/Area/School/Local club representation may be an indicator of attainment of this standard but assessment criteria must still be met.
7 - 12	Candidate demonstrates an improving level of acquired and developed skills that allows for an average level of performances in the course. There is an attempt to select and apply advanced techniques in the course and under competitive pressure accuracy, control and fluency are usually achieved. The candidate has a perception of the requirements of performance and is able to introduce and use safety techniques at a satisfactory level. Performances in the formal competitive situations become more consistent and progress has allowed some learning and understanding. A competent level of physical endeavour and sportsmanship is evident combined with a little flair. Representing the school/college but not at first team level may be an indicator of attainment of this standard but assessment criteria must still be met.
0 - 6	Candidate demonstrates a moderate level of acquired and developed skills that leads to a moderate level of performances. There is an attempt to select and apply advanced techniques and under pressure there is a level of technical accuracy, control and fluency. The candidate is able to incorporate some safety techniques with a limited perception of the requirements of performance. Performances in the formal competitive situations have some consistency with a degree of learning and understanding. A level of physical endeavour and sportsmanship is evident.