

OUTDOOR ADVENTUROUS ACTIVITIES (OAA)

EDSTART
PE CURRICULUM

KEY RULES

Game Basics: Outdoor Adventurous Activities promote confidence, teamwork, resilience, problem-solving, and an understanding of the natural environment. Activities such as orienteering, team challenges, trail navigation, and outdoor problem-solving tasks develop physical fitness alongside communication, leadership, and cooperation. The emphasis is on participation, exploration, and personal challenge rather than competition.

Activity Rules and Participation: Pupils work individually, in pairs, or in small teams to complete physical and problem-solving challenges. They must follow clear instructions, respect boundaries and activity zones, and work cooperatively to achieve shared goals. Activities encourage initiative, decision-making, perseverance, and responsibility for themselves and others.

Fair Play and Respect: Outdoor Adventurous Activities promote respect for others and for the environment. Pupils are expected to listen carefully, take turns, communicate positively, and support teammates. Encouragement, honesty, and trust are central to all tasks. Success is measured through effort, teamwork, and problem-solving rather than speed or winning.

Environmental Responsibility: Pupils are taught to respect outdoor spaces by following instructions, caring for equipment, avoiding damage to natural areas, and leaving the environment as they found it. This supports sustainability, responsibility, and awareness of the natural world.

Safety and Support: All activities are delivered with a strong focus on safety, confidence, and inclusion. Clear safety boundaries are set, appropriate clothing and footwear are required, and equipment is checked before use. Pupils follow adult instructions at all times. Clear signals are used for starting and stopping activities, and supervision is maintained throughout to ensure all pupils feel safe, supported, and able to participate fully.

NATIONAL GOVERNING BODY (NGB)

British Orienteering: The national governing body for Orienteering in the UK, supporting navigation, map skills, and outdoor learning in schools.

Mountain Training UK: Develops and maintains national qualifications for walking, climbing, and mountain leadership with a focus on safety and access.

The Scouts Association (UK): Supports adventurous outdoor education, leadership, teamwork, and personal development through outdoor activities.

Institute for Outdoor Learning (IOL): A professional body promoting high-quality outdoor learning and adventurous activities across education and sport.

USEFUL LINKS

British Orienteering: britishorienteering.org.uk

Mountain Training UK: mountain-training.org

Institute for Outdoor Learning: instituteofoutdoorlearning.org

The Scouts: scouts.org.uk

Association for Physical Education (AfPE): afpe.org.uk