

Physical Education (PE) - Outdoor and adventurous activity: following instructions and problem solving skills

## **Cardinal markers**

Mrs Repton



# Outdoor and Adventurous Activity: Lesson 5

## Tasks

### 1) Cardinal markers

- Set out 9 markers (small household items) in a 3 by 3 grid, in the largest space you have available.
- Practise moving in different directions (NW, S, E etc)
- Follow the set routes that accompanying this lesson and draw the shapes/letters on your paper as you walk around the grid.

### 2) Personal challenge

- Repeat the previous activity, this time using degrees instead of compass directions.
- After you have successfully completed the routes, create your own (using compass points and degrees) and try them out.



Decide which is your North marker and ensure you always orientate yourself to North for each move.  
Use the grid (right) to draw the lines on as you move around, which will help you see what shapes you are making. You will need a new grid or a different colour for each challenge.

Start at the Northwest marker

- Move East one marker
- Move East one marker
- Move Southwest one marker
- Move Southwest one marker
- Move East one marker
- Move East one marker

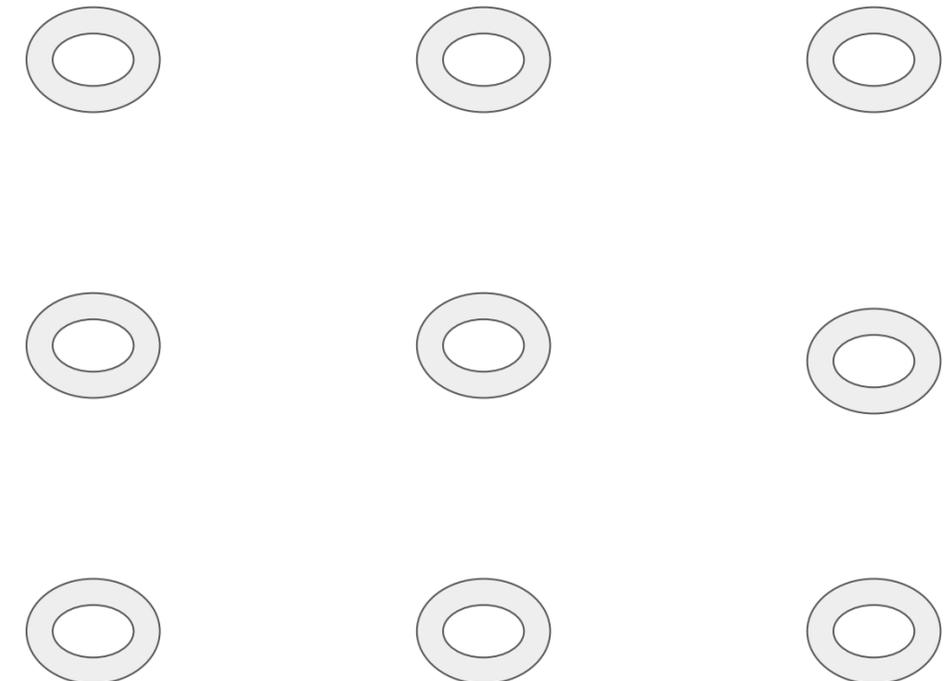
What letter from the alphabet have you moved in the shape of?

Start at the Southwest marker

- Move North one marker
- Move North one marker
- Move Southeast one marker
- Move Southeast one marker
- Move North one marker
- Move North one marker

What letter from the alphabet have you created?

North



Start at the Southwest marker

- Move North one marker
- Move North one marker
- Move Southeast one marker
- Move Northeast one marker
- Move South one marker
- Move South one marker

What letter have you created?

Start in the Northeast corner

- Move West one marker
- Move West one marker
- Move South one marker
- Move South one marker
- Move East one marker
- Move East one marker
- Move North one marker
- Move North one marker

What shape have you moved around in?

Start in the Northeast corner

- Move one marker on a bearing of  $270^\circ$
- Move one marker on a bearing of  $270^\circ$
- Move one marker on a bearing of  $180^\circ$
- Move one marker on a bearing of  $180^\circ$
- Move one marker on a bearing of  $360^\circ$
- Move one marker on a bearing of  $360^\circ$

What letter of the alphabet have you created as you moved around?

Start at the North (Middle) marker

- Move one marker on a bearing of  $225^\circ$
- Move one marker on a bearing of  $135^\circ$
- Move one marker on a bearing of  $45^\circ$
- Move one marker on a bearing of  $315^\circ$

What shape have you created as you moved around?



## Learning questions:

### Task 1:

- What difficulties or challenges did you encounter?
- What helped you to make decisions?

### Task 2:

- Did you find it easier completing the routes using the compass points or degrees? Why?
- How could you make the routes more challenging?

