



Year 11 CNAT Sport Spring Knowledge Organiser

Outdoor Activities:

- Canoeing
- Rock Climbing
- Skiing
- Orienteering
- Water Sports
- Trekking
- Caving
- Cycling
- Snow boarding
- Gliding
- Gorge Walking
- Paragliding
- High ropes





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5 benefits of participating in outdoor activities?

- Increased confidence
- Enjoyment and challenge
- Improved health & fitness
- Greater environment awareness
- Increased motivation
- Opportunity to socialise

How/why participating in outdoor activities can help develop skills:

- Social Skills
- Team building skills
- Decision making skills
- Planning and organisation skills
- Problem solving skills
- Communication skills

What you need to consider when planning a an Outdoor Adventure Trip:

- Health & Safety
- Personnel (The number of people that are qualified to lead the trip/activity to the ration of participants)
- Adventure Activities Licensing Authority
- Clothing & Equipment
- Location
- Supplies
- Emergency procedure
- Contingency plan
- Shelter
- Timing

What hazards do you need to consider when planning an Outdoor Adventure Trip:

- Inappropriate Supervision
- Faulty equipment or incorrect equipment
- Change in weather conditions (Unforeseen)
- Illness or Injury
- Poor organisation
- Getting lost
- Unstable terrain
- Animal and insects