

## Outdoor and Adventure: PE Progression Years 3, 4, 5 and 6

	Years 3 & 4	Year 5 & 6
<p><i>Aim of Outdoor &amp; Adventure Activities:</i></p> <p><i>In outdoor and adventurous activities children are challenged to follow maps and trails, try to solve physical problems and challenges.</i></p>	<p><i>Children will take part in simple trust and orientation activities using maps and diagrams. They will be set physical challenges and problems to solve. They will take part in a range of communication activities to develop problem solving skills in some adventure games. The problem-solving tasks they tackle will require teamwork with clearly defined roles and responsibilities.</i></p>	<p><i>Children will develop their orienteering and problem-solving skills in familiar and unfamiliar situations and environments. They will take part in more complex orienteering events building on previous knowledge learnt. Children will research and undertake a journey safely and will develop the skills and understanding to become more independent and learn how to use their initiative.</i></p>
<p><i>Progression of Performance of Skills.</i></p>	<p><i>Master fundamental movement skills from ks1 and start to develop specific skills performing them with consistency and some control.</i></p>	<p><i>Continue to develop specific skills and perform them with consistency, accuracy, confidence, control and speed.</i></p>
<p><i>Developing Skills</i></p>	<ul style="list-style-type: none"> <li><i>• Orientate a map.</i></li> <li><i>• Navigate a course safely.</i></li> <li><i>• Travel &amp; balance safely when carrying out challenges.</i></li> <li><i>• Demonstrate teamwork skills during the planning, completion and reviewing stages of the task.</i></li> </ul>	<ul style="list-style-type: none"> <li><i>• Know how to keep the map sector orientated when moving around a course.</i></li> <li><i>• Know the eight points of a compass.</i></li> <li><i>• To set a direction of travel from the map, use a compass.</i></li> <li><i>• To follow instructions in order to complete an orienteering course.</i></li> </ul>

<i>Application of Skills.</i>	<p>To orientate a map, to know where they are on a map using a variety of different routes.</p> <p>To complete a series of challenges i.e. crossing the swap, electric fence, hulahut challenge and shepherd and sheep challenge.</p>	<p>Take part in different competitive orienteering activities, balancing, speed and accuracy.</p>
<i>Characteristics</i>	<ul style="list-style-type: none"> <li>• Trust</li> <li>• Self-discipline</li> <li>• Communication</li> <li>• Resilience</li> <li>• Problem solving</li> </ul>	<ul style="list-style-type: none"> <li>• Communication</li> <li>• Co-operation</li> <li>• Respect</li> </ul>