

## National Statutory Requirements

Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.

- take part in outdoor and adventurous activity challenges both individually and within a team.
- compare their performances with previous ones and demonstrate improvement to achieve their personal best.

## Series of Lessons

- Develop and refine problem solving skills
- Use effective teamwork in a range of challenges and show perseverance.
- Use a range of communications strategy effectively during problem solving activities and challenges.
- Demonstrate effective leadership and work together to achieve a common goal.
- Work effectively with other to complete a range of challenges.
- Work effectively with others to plan and carry out a game plan (strategy).
- Compete in a timed relay orienteering team event.
- Work as part of a team to design a themed orienteering course.

PE



OAA

Year 6

## Unit Outcome

Work as a part of a team to produce a themed orienteering course.

To compete in a timed orienteering relay event.

## Curriculum Progression

Children will be taught to:

- Communicate with others clearly and effectively when under pressure.
- Be confident to lead others and show consideration of all within a group.
- Work systematically and as part of a team to solve a range of problems.
- Use critical thinking skills to form ideas and strategies selecting and applying the best method to solve a problem.
- Demonstrate positivity and perseverance in a team challenge.
- Confidently and efficiently orientate a map, identifying key features to navigate around a course.
- Accurately reflect on when challenges are solved successfully and suggest well thought out improvements.

All children will be given the opportunity to self and peer evaluate performances, developing their key vocabulary whilst doing so.

## Vocabulary

- challenge,
- problem solving,
- solution,
- strategy,
- systematically,
- perseverance,
- resilience,
- positivity
- monitor
- evaluate
- body language
- empower
- strategise
- control point
- analyse
- relay
- facial expressions

## Resources

- Cones
- Hoops
- Stopwatch
- Masking tape
- Foam balls (large & small)
- Blindfolds
- Beanbags
- Skipping ropes
- Footballs
- Tennis balls
- Table tennis balls
- Coloured spots
- Gym mats