

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

- Communicate effectively to find solutions to challenges.
- Understand rules and decide on strategies; use our experiences to decide on the equipment, strategies and skills needed.
- Take on a leading role, taking into account the group's safety.
- Orientate a map and follow a route.
- Identify locations on a map using grid references (4 and 6 figure).
- Locate markers on a map and record their grid references.

PE



OAA

Year 5

Unit Outcome

Children to take part in various OAA activities such as orienteering, raft building, climbing, team building (dependent on where OAA takes place – AT or school). To demonstrate leadership skills, perseverance, teamwork and problem solving skills.

Curriculum Progression

Children will be taught to:

- Use clear communication when working in a group and taking on different roles.
- Begin to lead others, providing clear instructions.
- Plan and apply strategies with others to more complex challenges.
- Orientate a map confidently using it to navigate around a course.
- Explain why a particular strategy worked and alter methods to improve.

The above skills will be developed using a variety of orienteering and team building activities. Many of these activities are provided during the Year 5 residential trip to Avon Tyrell. Children who do not attend the residential are offered similar opportunities whilst based in school.

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

Vocabulary

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|-----------------|----------------|
| • Cooperation | • Roles/leader |
| • Collaboration | • Orienteer |
| • Communication | • Orientate |
| • Trust | • Map |
| • Coordination | • Key |
| • Non-verbal | • Symbols |
| • Verbal | • Features |
| • Problem-solve | • Persevere |

Resources

Various resources needed depending on where the activities are taking place. Those needed whilst at school are listed in the short term planning, whilst resources needed at Avon Tyrell are managed by the Avon Tyrell team.